FITNESS	M	T	W	T	F	S	S	✔
Fresh Exercise - 25 Points Summer sport, anyone? Tennis, kayak, SUP, volleyball, golf, softball, etc.								
Park and Walk - 25 Points Park farther away from the entrance of all places you drive								
Stand Strong - 25 Points Stand for at least 2 hours a day while working								
Run It Out - 50 points Run/jog for a total of 60 minutes this week								
Walk It Out - 50 Points Walk for a total of 120 minutes this week								
Spin Cycle - 50 Points Bike for 120 minutes this week in spin class or on your real bike								
Keep it Classy - 75 Points Complete 4+ 30 minute live workout classes per week, or 3+ Fresh Exercise								
5K Race Finisher - 100 Points Run a 5K for a fundraiser or organization of your choice								

HEALTHY EATING	M	T	W	T	F	S	S	✔
No Spoonful of Sugar - 25 Points No sugary foods or beverages 3+ days this week								
Fast Pass - 25 Points No fast food meals this week								
Stop the Pop - 25 Points No soda or juice 5+ days this week (includes diet or regular soda)								
Stop the Buzz - 50 points No more than one alcoholic beverage a day								
White Out - 50 Points Cut out processed foods for at least one meal each day								
Home Slice - 50 Points Cook a home-cooked healthy meal and share a photo in #be-well								
Farm to Table - 75 Points Shop and support your local farmer's market or CSA								
Go for H2O - 100 Points Drink 64 oz of water each day								

WELLNESS	M	T	W	T	F	S	S	✔
Attitude of Gratitude - 25 Points Write down three things for which you are grateful every day								
Breathe In Breathe Out - 25 Points Take 3 minutes a day to practice a deep breathing technique								
Floss Like a Boss - 25 Points Floss every day								
Kindness Counts - 50 points Do an act of kindness each day this week								
Sweet Dreams - 50 Points Get 7-8 hours of sleep every day								
Early 30 - 50 Points Wake up 30 minutes earlier than normal and do something productive								
Bookworm - 75 Points Read 5 chapters in a book this week								
Rising Dakotah - 100 Points Attend morning yoga class on the roof with Dakotah Yoga								