



Activities

FOOD-

Make one healthy change in your diet and stick with it for a full week	25 points
Record all food eaten for 5 out of 7 days	50 points
Skip dessert all week	25 points
Plan meals for one week	50 points
Try one new fruit or vegetable	25 points
Sit down family meal at least once a day for one week	50 points
No carbonated or sugary drinks for a week	25 points
No sugar for a week	25 points
Drink 64 oz of water for 5 straight days	25 points
Eat 5 servings of fruit and veggies for 5 out of 7 days	25 points

HEALTH-

No screen time for one day	25 points
Get 7-8 hours of sleep for 5 out of 7 nights	25 points
Get a yearly check-up from your doctor	50 points

MOVEMENT-

Participate in an organized race	50 points
Participate in a triathlon	50 points
Map and complete a new 20-min walk/run	25 points
Map and complete a new 30-min walk/run	35 points
Map and complete a new 45-min walk/run	45 points
Map and complete a new 20-min bike ride	25 points
Map and complete a new 30-min bike ride	35 points
Map and complete a new 45-min bike ride	45 points
Borrow a fitness DVD at the library or watch one on youtube	25 points
Go swimming	25 points
Listen to fun music, have a 30 min dance party	25 points
Fly a kite	25 points
Have a family trash pick-up day	25 points
Exercise 4x a week (50 points per week)	50 points
Walk/Ride/Carpool to work (10 points per day)	10 points
Attend a health fair	50 points
Volunteering in our community	25 points
Participate in a community cleanup effort	25 points
Go on a hike	25 points
Go for a walk on a trail	25 points
Geo caching	25 points
Go fishing	25 points

Nominate new challenges to be added to this list by contacting Rich Taylor at rtaylor@riverdalecity.com

EVENT / ACTIVITY**POINTS**

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TOTAL POINTS:
