New Year New You Challenge: January 16 - February 13, 2013
Goal = 50 points

Enter one point per day for each activity completed. The maximum points per day = 4.

Record your points on the wellness portal at www.KansasHealthQuest.com by Feb. 20, 2013.

Complete the challenge to earn **5 credits** for the HealthQuest Rewards Program.

Earn daily points for:

- **Getting 7 hours of sleep**
- **Eating a whole grain**
- **Eating 3 or more servings of fruits and/or vegetables**
- **Completing 30 minutes or more of physical activity**

Activity				Wednesday	Thursday	Friday	Saturday	Weekly
				16-Jan	17-Jan	18-Jan	19-Jan	Total
7 hours of sleep								
Ate a Whole Grain								
Ate 3+ Fruits/Vegetables								
30 minutes of Physical Activity								
Total Points								
Activity	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly
	20-Jan	21-Jan	22-Jan	23-Jan	24-Jan	25-Jan	26-Jan	Total
7 hours of sleep								
Ate a Whole Grain								
Ate 3+ Fruits/Vegetables								
30 minutes of Physical Activity								
Total Points								
Activity	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly
	27-Jan	28-Jan	29-Jan	30-Jan	31-Jan	1-Feb	2-Feb	Total
7 hours of sleep								
Ate a Whole Grain								
Ate 3+ Fruits/Vegetables								
30 minutes of Physical Activity								
Total Points								
Activity	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly
	3-Feb	4-Feb	5-Feb	6-Feb	7-Feb	8-Feb	9-Feb	Total
7 hours of sleep								
Ate Whole Grain								
Ate 3+ Fruits/Vegetables								
30 minutes of Physical Activity								
Total Points								
Activity	Sunday	Monday	Tuesday	Wednesday				Weekly
	10-Feb	11-Feb	12-Feb	13-Feb				Total
7 hours of sleep								
Ate Whole Grain								
Ate 3+ Fruits/Vegetables								
30 minutes of Physical Activity								
Total Points								
							Total Points	

www.KansasHealthQuest.com