

# Heart Smart Challenge: February 2<sup>nd</sup> – February 27<sup>th</sup>, 2015

Earn 1 point per activity per day by completing the following activities:

- ♥ Eat 3 or more servings of vegetables
- ♥ Eat 2 or more servings of fruit
- ♥ Eat 2 or more servings of whole grains
- ♥ Exercise 30 minutes or more

The maximum points per day = 4.

Goal = 60 points

Record your points on the wellness portal at [www.KansasHealthQuest.com](http://www.KansasHealthQuest.com) by March 6<sup>th</sup>, 2015.

Complete the challenge to earn 5 credits for the HealthQuest Rewards Program!

<u>Week 1 Activities</u>	Mon 2/2	Tues 2/3	Wed 2/4	Thurs 2/5	Fri 2/6	Sat 2/7	Sun 2/8	Weekly Total
Ate 3 or more servings of vegetables								
Ate 2 or more servings of fruit								
Ate 2 or more servings of whole grains								
Exercised 30 minutes or more								
Total Points								
<u>Week 2 Activities</u>	Mon 2/9	Tues 2/10	Wed 2/11	Thurs 2/12	Fri 2/13	Sat 2/14	Sun 2/15	Weekly Total
Ate 3 or more servings of vegetables								
Ate 2 or more servings of fruit								
Ate 2 or more servings of whole grains								
Exercised 30 minutes or more								
Total Points								
<u>Week 3 Activities</u>	Mon 2/16	Tues 2/17	Wed 2/18	Thurs 2/19	Fri 2/20	Sat 2/21	Sun 2/22	Weekly Total
Ate 3 or more servings of vegetables								
Ate 2 or more servings of fruit								
Ate 2 or more servings of whole grains								
Exercised 30 minutes or more								
Total Points								
<u>Week 4 Activities</u>	Mon 2/23	Tues 2/24	Wed 2/25	Thurs 2/26	Fri 2/27	End	End	Weekly Total
Ate 3 or more servings of vegetables								
Ate 2 or more servings of fruit								
Ate 2 or more servings of whole grains								
Exercised 30 minutes or more								
Total Points								
<b>Total Challenge Points</b>								

Last day to earn activity points is February 27<sup>th</sup>, 2015!

Last day to enter your points on the portal is March 6<sup>th</sup>, 2015.

[www.KansasHealthQuest.com](http://www.KansasHealthQuest.com)