

STRIVE-FOR-5 CHALLENGE

June 1 – 26, 2015

The maximum points per day = 5

Goal = 85 points



Tools and Tips:

Visit www.KansasHealthQuest.com for helpful tools, tips and a tracking form to help you get started and meet the challenge goal. Consider using this paper tracking form for convenience when away from a computer or use the mobile *Mya*® app.

There is no cost for the app, just download and start tracking your progress on the first day of the challenge.

How to track your servings:

1. Select the date.
2. Enter the total number of cups of fruits and/or vegetables that you eat each day (5 cups = 5 points). 1 point for each serving of fruit or vegetables you eat per day (max. 5 points daily). You will receive 5 credits for the HealthQuest Program once you accumulate 85 points.
3. Record your points online at www.KansasHealthQuest.com!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1	2	3	4	5	6	Weekly Total
	___ Fruits						
	___ Veggies						
	___ TOTAL PTS						
	7	8	9	10	11	12	Weekly Total
	___ Fruits						
	___ Veggies						
	___ TOTAL PTS						
	14	15	16	17	18	19	Weekly Total
	___ Fruits						
	___ Veggies						
	___ TOTAL PTS						
	21	22	23	24	25	26	Weekly Total
	___ Fruits						
	___ Veggies						
	___ TOTAL PTS						

Last day to earn activity points is June 26th, 2015!

Last day to enter your points on the portal is Friday July 3rd, 2015.

www.KansasHealthQuest.com

TOTAL CHALLENGE POINTS
