Chill Out Challenge: January 15 – February 12, 2014

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

- **Get 7 hours of sleep**
- **Relax for 15 minutes**
- **Complete 30 minutes of exercise**

Goal = 55 points

Record your activity points on the wellness portal at www.KansasHealthQuest.com by February 19.

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

Activities	Wed 1/15	Thur 1/16	Fri 1/17	Sat 1/18	Sun 1/19	Mon 1/20	Tues 1/21	Weekly Total
Get 7 hours of sleep								
Relax for 15 minutes								
Complete 30 minutes of exercise								
Total Points								
Activities	**Wed 1/22**	**Thurs 1/23**	**Fri 1/24**	**Sat 1/25**	**Sun 1/26**	**Mon 1/27**	**Tues 1/28**	**Weekly Total**
Get 7 hours of sleep								
Relax for 15 minutes								
Complete 30 minutes of exercise								
Total Points								
Activities	**Wed 1/29**	**Thurs 1/30**	**Fri 1/31**	**Sat 2/1**	**Sun 2/2**	**Mon 2/3**	**Tues 2/4**	**Weekly Total**
Get 7 hours of sleep								
Relax for 15 minutes								
Complete 30 minutes of exercise								
Total Points								
Activities	**Wed 2/5**	**Thurs 2/6**	**Fri 2/7**	**Sat 2/8**	**Sun 2/9**	**Mon 2/10**	**Tues 2/11**	**Weekly Total**
Get 7 hours of sleep								
Relax for 15 minutes								
Complete 30 minutes of exercise								
Total Points								

Activities	Wed 2/12
Get 7 hours of sleep	
Relax for 15 minutes	
Complete 30 minutes of exercise	
Total Points	

Total Points Earned:

Last day to earn activity points is February 12

Last day to enter your points on the portal is February 19

www.KansasHealthQuest.com