

Points System

How to Earn Points

Points are earned by participating in events provided by the program or on your own. A certain number of points will be associated with each activity you complete. Available events and activities will be communicated to participants monthly by the health coach and wellness representatives. Participants can earn points beginning **September 12, 2016 and ending May 1, 2017.**

Activities include (but not limited to):

- Completion of Weekly/Monthly Challenge (2 points-weekly, 5 points-monthly)
- Completion of Nutrition Quizzes (2 points)
- Attendance at Education Sessions (ex: cooking demo, lunch & learn, grocery store tour). (10 points)
- Participation in an “Exercise Experience” Event (experience a new sport or physical activity) (10 points)
- Participation in Alive & Well Competitions/Tournaments (10 points)
- See Health Coach/Dietitian for Nutrition Counseling (10 points)
 - Note: follow-up appointments (5 points)
- Receive a Biometric Screening (10 points)
- Exercise Log (1 point for every 30 minutes of exercise)

Points Program Goals

150 points or higher by May 1st, 2017