

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 1, 2017 and ending May 1, 2018.**

Activities include (but not limited to):

- Completion of Challenges (2 points)
- Completion of Nutrition Quizzes (2 points)
- Attendance at Education Sessions (ex: cooking demo, lunch & learn, grocery store tour). (10 points)
- Exercise Experience Event (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)
- Exercise Log (1 point for every 30 minutes of exercise)

*Associated points are subject to change.

Points Program Goals (for prize eligibility)

50 points or higher monthly

300 points or higher by May 1st, 2018

Points Viewing

Participants may view their individual and team points via at <https://bealive.cmcss.net>.