

Form a team of 2-5 members from your workplace, family members or your 20 bubble members. Choose a team captain who will compile the total team points.

TEAM CHALLENGE

Report the points to the village office by email at villageofrexton@nb.aibn.com or by phone at 506-523-6921 **by October 8th to be eligible for a prize draw.**

OCTOBER 1 TO 7

Team Name: _____ Captains Name: _____
 Telephone: _____ Email: _____

----- Total Points: _____

THE GREATEST PRIZE – YOUR HEALTH & WELLNESS

	Points/day	Max Points	Your Points
NUTRITION			
Fill 1/2 of your plate with vegetables and/or fruit once/day	2	14	
Choose at least one plant-based protein per day	2	14	
Choose at least one whole grain per day	2	14	
Enjoy at least one technology free meal per day	2	14	
WATER			
Drink at least 6 glasses of water per day	6	42	
SLEEP			
Sleep at least 7 hours per night	7	49	
PHYSICAL ACTIVITY			
Accumulate at least 150 minutes of moderate/vigorous activity for the duration of the challenge. (10 min.= 5 points)		75	
EDUCATIONAL CHALLENGE			
Watch at least 3 educational programs during the week of the challenge. (one point for each program)	3	3	
Possible Total Points:		225	