



Take It Off Hawaii “Lifestyle Points”

BECAUSE A HEALTHY COMMUNITY
STARTS WITH HEALTHY PEOPLE

No. of Points	Description
5	Per pound of weight loss (confirmed by beginning and end weigh-ins)
1	Preparing and sharing a “healthy” recipe from the newsletter. Max 1 point/day
1	Exercising with a friend. Max 1 point/day
1	Eating 5 or more servings of fruits and vegetables a day.
1	Weight check! Max 1 point/day
1	Read the Take It Off Hawaii Newsletter.
1	Physical Activity with Family Members – pick-up game of basketball, jog/walk around the park, touch football, etc. Max 1 point/day
1	Drink 8 8-ounce glasses of water daily
1	Walk 10,000 steps per day
1	Keep a food journal logging all food that goes into your mouth for one day
1	Keep a journal logging daily physical activity. Max 1 point/day
1	Participate in community physical activities - One life point per event (EMS Run, Relay For Life.)
1	Reduce stress, spend 30 minutes/day doing something you like other than eating (reading, writing, art, music, etc) Max 1 point/day
1	Write an article for the Take It Off Hawaii newsletter. Receive 1 lifestyle point if your article is published.
1	Recommend a “lifestyle point”. If a suggested Lifestyle point is used in the event, the participant is awarded 1 Lifestyle point.

***Record lifestyle points in your Take It Off Hawaii Program Booklet.
Team Captains will collect booklets and turn in to Take It Off Hawai'i
Committee no later than August 9th 2008 to be counted for awards.***