

DAILY POINTS

- 1 point per 1 mile/ran; 3 miles/bike; 2 miles/walk; 1.5 miles rucked 35lbs +
- 1 point per 1000lbs lifted (ie 10 reps with 10lbs = 100lbs)
- 1 point call a loved one/subordinate/coworker
- 1 point per 1 minute plank
- 1 point entire day no soda/alcohol/energy drink (as applicable)

TOTALED AT END OF CHALLENGE

- 3 points per pound lost
- 3 points per muscle mass gained
- 10 points (1 time) Safe UTNG App Download
- 10 points (1 time) ACFT Score Recored in DTMS
- 10 points (1 time) Online Financial Literacy Training
- 20 points attend 2 H2F clinics at Camp Williams
- 30 points Keep a New Years Resolution through January

2x Points for the day

(DO ANY)

- Drink 8 glasses of water
- East 5 servings of vegetables
- No processed sugar
- 10 minute meditation
- 7+ hours of sleep

4x Points for the day

(DO ALL)

- 1 mile minimum
- Drink 8 glasses of water
- Eat 5 servings of vegetables
- No processed sugar
- 10 minute meditation
- 7+ hours of sleep

2x Points for Challenge

(DO ANY)

- Drop 1:00 off 2 mile time
- Improve any 2 ACFT/Fitness Test events by 20%
- 4 Sessions of PT per week