Practical Budgeting

Earn 1 point when you answer 3/5 correctly!

Budgeting is a plan for your money that everyone should have!

https://www.daveramsey.com/blog/the-truth-about-budgeting

1. When you budget, work “extra” expenses that you know about ahead of time. For example, school supplies.
   a. True
   b. False

2. When you create a budget, first have your spouse create one and then you create one to compare.
   a. True
   b. False

3. Paying off debt should be your top priority.
   a. True
   b. False

4. The envelope method is where you use an envelope for all your money instead of a bank.
   a. True
   b. False

5. Expect to take 3-4 months to get used to your budget.
   a. True
   b. False
**Rev UP with Intervals**

Earn 1 point a week and up to 13 points when you Rev UP with Intervals for 30 minutes a week!

Wanting to change up your workout? Interval training might just be for you! Interval training is perfect if you’d like a change – literally. When interval training, you alternate between short periods of intense activity and longer intervals of less intense activity.

[Click here](#) to read more about interval training!

**Logging/Earning Points**

Earn 1 point each week for Rev UP with Intervals, up to 13 points total. Activity must be entered in the current quarter and activity can be back logged up to 2 weeks.

1. Go to the Unaccepted Tab: Click “Accept”
2. Go to the Well-Being Tab on left-hand side of page: Answer “yes” to the question, “Did you Rev UP with Intervals?”
3. Points Awarded: Upon answering “yes” to the question.

View Points: When you complete the full challenge, points will show on Completed Tab; points for completing a portion of the challenge will calculate in point total on the home page, but won’t be listed on Completed Tab.
Seasonally Eating

Earn 1 point a week and up to 13 points when you eat seasonally!

Seasonal food is fresher, tastes better, and is more nutritious than food that is consumed out of season. The best time to eat fruits and veggies is when you’re able to purchase them locally without them having to be shipped to your grocer.

Click here to learn more about seasonal foods and to find what’s in season in your area!

Logging/Earning Points

Earn 1 point each week for seasonally eating, up to 13 points total. Activity must be entered in the current quarter and activity can be back logged up to 2 weeks.

1. Go to the Unaccepted Tab: Click “Accept”
2. Go to the Well-Being Tab on left-hand side of page: Answer “yes” to the question, “Did you eat seasonally?”
3. Points Awarded: Upon answering “yes” to the question.

View Points: When you complete the full challenge, points will show on Completed Tab; points for completing a portion of the challenge will calculate in point total on the home page, but won’t be listed on Completed Tab.
Well-Being for YOU

Earn 1 point a week and up to 13 points when you practice well-being!

According to Merriam Webster Dictionary, Well-Being means the state of being happy, healthy, or successful. So, what makes you happy, what do you enjoy that is good for your health, or what makes you successful?

Everyone has their own needs, interests and goals that make them the individual that they are or want to become. This challenge was created to celebrate your accomplishments, applaud your decisions to improve your overall health and to reward the efforts that make you happy, healthy and successful in your own life.

So, this challenge is for YOU! Accept this challenge and earn up to 13 points!

Examples include, but not limited to:

- Nutritional/Weight loss Coaching (Profile, Weightwatchers, etc.)
- Fitness Training (Joined a gym, hired a Personal Trainer, signed up for fitness classes, joined a running club, biking club, etc.)
- Competition (Run/Walk a 5k, Marathon, Joined a Pickle Ball club, Softball League, Bike Club or race)
- Financial/Educational (Met with a Financial Advisor, took college courses, achieved new certification, took a sewing or cooking class)

Logging/Earning Points

Earn 1 point each week for Well-Being for You, up to 13 points total. Activity must be entered in the current quarter and activity can be back logged up to 2 weeks.

1. Go to the Unaccepted Tab: Click “Accept”
2. Go to the Well-Being Tab on left-hand side of page: Answer “yes” to the question, “Did you practice well-being?”
3. Points Awarded: Upon answering “yes” to the question.

View Points: When you complete the full challenge, points will show on Completed Tab; points for completing a portion of the challenge will calculate in point total on the home page, but won’t be listed on Completed Tab.
CPR Training

Earn 25 points when you complete or update your CPR training!

Did you know that sudden cardiac arrest is a leading cause of death in the US? Thousands of people take CPR training every year and for each person that obtains their certificate is one more higher chance of survival for someone in need!

Need another reason to take a training? Here a few:

1. Hands-only CPR is easy to learn.
2. CPR is not performed enough in times of need.
3. Most cardiac arrest occur in the home where there is not enough available helpers.

And the final reason, YOU CAN SAVE A LIFE!

Here are some local resources to take a CPR course or update your certification:

https://fitness.asu.edu/programs/aquatics-safety/cpr-firstaid (ASU)
www.phoenixcpr.org
http://www.firefightercpr.com/
https://www.redcross.org/local/arizona/take-a-class/cpr
www.americanheart.org

Logging/Earning Points

Earn 25 points for completing CPR Training.

- Go to the Unaccepted Tab: Click “Accept”
- Go to the Well-Being Tab on left-hand side of page: Answer “yes” to the question, “Did you complete or update your CPR training?”
- Points Awarded: Upon answering “yes” to the question.