



# Spring into Action Healthy Habits



- ✓ Complete any of the healthy habits listed below and record your points each week.
- ✓ You may use the Spring into Action Scorecard or create one of your own.
- ✓ The goal is to reach 200 points plus achieve at least a 5% team weight loss in this challenge.
- ✓ Email [healthwise@crownc.com](mailto:healthwise@crownc.com) or call ext. 14330 if you have any questions.

| SPRING INTO ACTION CATEGORIES | SPRING INTO ACTION TASKS   | POINTS ALLOWED       |
|-------------------------------|--|----------------------|
| <b>Blood Pressure</b>         | Get your blood pressure checked and record your reading on the HealthWise Blood Pressure Tracking Card   | 5 points (one time)  |
| <b>Decrease Sodium</b>        | Do not add additional salt when cooking or eating meals this week  | 2 points per week    |
| <b>Dental or Vision Check</b> | A Dental or Vision checkup was completed in 2018   | 5 points (one time)  |
| <b>De-Stress</b>              | Perform meditation, yoga, or deep breathing for at least 5 minutes per day for 5 days this week  | 2 points per week    |
| <b>Exercise</b>               | Take at least a 10-minute walk at lunch during the work week   | 1 point per walk     |
| <b>Exercise</b>               | Exercise at least 30 minutes per day at least 5 days this week   | 2 points per week    |
| <b>Exercise</b>               | Perform 5 minutes of stretching activities per day for at least 3 days this week.  | 2 points per week    |
| <b>Financial Well-being</b>   | Log into your Merrill Lynch 401(k) account and confirm that your beneficiaries are up to date.   | 10 points (one time) |
| <b>Fruits and Vegetables</b>  | Consume at least three servings of fruit and/or vegetable per day at least 5 days this week  | 2 points per week    |
| <b>Preventive Care</b>        | Go to <a href="http://healthwise.employee.crown">healthwise.employee.crown</a> and review your Preventive Care checklist based on your age and gender. You may also view a Preventive Care checklist for dependents. | 10 points (one time) |
| <b>Safe Driving</b>           | Stay focused on the road. Turn off your phone while driving to/from work   | 1 point per day      |
| <b>Sleep</b>                  | Get at least 7 hours of sleep at least 3 days/nights this week   | 2 points per week    |
| <b>Soft Drinks</b>            | Eliminate drinking soft drinks (regular or diet) this week   | 2 points per week    |
| <b>Tobacco Use</b>            | No tobacco or tobacco products (including vaping) at all for this week. <i>(Tobacco and non-tobacco users eligible for points)</i>   | 3 points per week    |
| <b>Water</b>                  | Consume at least 32 ounces of water per day at least 5 days this week  | 2 points per week    |
| <b>Wellness Screening</b>     | Participated in the HealthWise wellness screening or completed a cholesterol check with your doctor in 2018  | 10 points (one time) |
| <b>Your Choice</b>            | Submit a healthy habit idea to HealthWise. If approved to use in this challenge, earn 10 points.   | 10 points (one time) |