



## Nonprofit Wellness Challenge Point Schedule

Walking: Self-reported	10	40-History of Yoga	10
Exercise: Self-reported	10	41-Yoga: Sun Salute	10
Weight Management	10	42-Breathing	10
Quiz 1: Diabetes	10	43-Meditation	10
Quiz 2: Are you at risk?	10	44-Depression	10
Quiz 3: Prediabetes	10	45-Be Positive!	10
Quiz 4: Strategies	10	46-Stress Reduction	10
Quiz 5: Type 1 diabetes	10	47-Getting Organized	10
Quiz 6: Type 2 diabetes	10	48-Humor	10
Quiz 7: Insulin medication	10	49-Resiliency	10
Quiz 8: Glucose monitoring	10	50-Qualifying for a mortgage	10
Quiz 9: Diet and Exercise	10	51-College Tuition	10
Quiz 10: Foot care	10	52-401k's	10
Quiz 11: Healthy Eating	10	53-Living off paychecks	10
Quiz 12: Weight-loss goals	10	54-Building Good Credit	10
Quiz 13: Ketone testing	10	55-Identity Theft	10
Quiz 14: Diabetic ketoacidosis	10	56-Investments	10
Quiz 15: Hyperglycemia	10	57-Mind over Money	10
Quiz 16: Hypoglycemia	10	58-Financial Planning	10
Track Biometrics	50	59-Tax Tips	10
Donate Blood (per donation)	250	Event Type 1	50
Volunteer (per shift)	100	Event Type 2	75
30-Know Your Numbers	10	Event Type 3	100
31-Metabolism	10	Health Club Attendance	10
32-Nutrition	10	B-Fit - Personal activity tracker	10
33-Kidney Health	10	B-Fit - Personal scale	10
34-Stress	10	Shared IHealth Bluetooth Scale	10
35-Sleep	10	iHealth Labs Glucometer	10
36-Diabetes	10	Annual Physical Completed	100
37-Asthma	10	Oral Health   Dentist Completed	100
38-Heart Disease	10	On-line Health Assessment	100
39-Skin Cancer	10	Flu Shot Received	100