To log daily activity, remember that you get one point per 15 consecutive minutes of physical activity (stretching, running, biking, yoga, shoveling snow, yard work, walking your dog, etc).

A maximum of 8 points per day is allowed. Each week will have up to 1 point for each category.

uidaho.edu/holiday-challenge

### Healthy Holiday Challenge

**Weekly points need to be submitted by noon Pacific time, every Tuesday of the following week.**

Points for Week 5 will have an extra week to be submitted and must be submitted by Tuesday, Jan. 3.