

# IT'S TIME TEXAS COMMUNITY CHALLENGE

## Weekly mini-challenges

### Week 1 Social Support

Mini-Challenge Week #1 Hey, y'all! Right now, when you refer a 10 friends for #ITTCCommunityChallenge, you'll win 5,000 bonus points! Let your family, friends, and coworkers know about Community Challenge! Log your referrals in the It's Time Texas Community Challenge application?

### Week 2 Get Moving!

Week #2 Mini-Challenge! Let's see who can complete the most physical activity this week. Top Ten Participants earn 5,000 bonus points! Track your progress in app!

### Week 3 Mental Health

Week #3 Mini-Challenge! Being healthy isn't just about your body-take care of your mind too! Earn double points for meditation this week.

### Week 4 Nutrition

Week #4 Mini-Challenge! Let's see who can consume the most fruits and veggies this week. Top Ten Participants earn 5,000 bonus points! Keep track of your fruit and veggies on your way to healthy eating! #MotivationalMonday

### Week 5 Disease Prevention

Week #5 Mini-Challenge! We're halfway through the Community Challenge 2023! Don't lose steam! Earn points on ALL group activity check-ins this week!

### Week 6 Hydration

Week #6 Mini-Challenge! Let's see who can drink the most water this week! Top ten participants earn 5,000 bonus points.

### Week 7 Self-care

Week #7 Mini Challenge! The 2023 Challenge is almost complete! Win this mini-challenge by earning DOUBLE the POINTS for dancing throughout the week.

### Week 8 Keep Health Moving

Week #8 Mini-Challenge! Tell us your thoughts! This week's challenge is to complete our Community Challenge survey.

[www.ITTCCommunityChallenge.com](http://www.ITTCCommunityChallenge.com)