**Emmanuel Lutheran Church**

**Whole and Holy Life Challenge**

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Team:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Week:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Exercise** | **Nutrition** | **Spirituality** | **Mind/Relationships** | **General Health** | **Stewardship** | **Total** |
| **Sunday** |  |  |  |  |  |  |  |
| **Monday** |  |  |  |  |  |  |  |
| **Tuesday** |  |  |  |  |  |  |  |
| **Wednesday** |  |  |  |  |  |  |  |
| **Thursday** |  |  |  |  |  |  |  |
| **Friday** |  |  |  |  |  |  |  |
| **Saturday** |  |  |  |  |  |  |  |

REMINDER: You MUST get at least ONE (1) point per day in EACH category in Total Points \_\_\_\_\_\_\_
order for ANY of your points for that day to count!

*Do you not know that your body is a temple of the Holy Spirit with you, which you have from God?
You are not your own; you were bought with a price*. – 1 Corinthians 6:19-20a

**Points Available in Each Category**

**Physical Activity Points Per Day**

2 Points per 30 minutes of aerobic activity\*

(may be done in 10 minutes increments)

2 points per 30 minutes of strength training\*

(may be done in 10 minute increments)

2 points per 30 minutes of moderate physical activity

(see attachment for examples)

Step Challenge Points

1 point for 5,000-7,500 steps per day

2 points for 7,500-10,000 steps per day

3 points for 10,001 steps or greater per day\*\*

*\*After 30 minutes add an additional point per 15 minutes*

*\*\*After* *10,001 steps add an additional point per 2,500 steps*

**Spirituality Points Per Day**

2 points for worshiping at a weekly Holy Communion Service

1 point for reading the Stewardship Bible readings (included in packet)

1 point for doing other daily devotions

1 point for spending time in prayer

2 points for spending time in community service

**General Health Points Per Day**

1 point for flossing your teeth

1 point for getting 7 continuous hours of sleep

1 point for every day you are smoke free

(if you are a smoker and you are smoke free for one week, add 10 points for every day thereafter that you are smoke free)

1 point for every day you do not exceed moderate amounts of alcohol

(no more than 2 drinks. A drink equals 12 oz. beer, 4 oz. wine, 1.5 oz. of 80-proof spirits, or 1 oz. of 100-proof spirits)

**Nutrition Points Per Day**

1 point for at least 5 servings of fruits and/or vegetables in a day

1 point for eating fruits and vegetables in the all of the 4 major color groups per day

(green, yellow-orange, red, blue-purple--see attachment for examples)

1 point for each serving of non-fried fish per day

1 point for eating a healthy breakfast (e.g. whole grains, yogurt, fruit, etc.)

1 point for eating 3 servings of whole grains per day

1 point for drinking 6-8 8 oz. glasses of water per day

**Stewardship Points Per Day**

10 points for filling out and returning an Emmanuel pledge card

 2 points any time you make a charitable donation to any organization

 1 point for everyday that you recycle

 1 point for every day that you compost

 1 point for picking up litter

 1 point for every 30 minutes spent doing yard work

 2 points for walking or biking somewhere that you need to go

(3 points if it’s over one mile away)

 1 point for donating to a local animal shelter (food, toys, bedding, etc.)

**Mind/Relationship Points Per Day**

1 point per 20 minutes reading a book for pleasure

(may be taken in 10 minute increments)

1 point per 20 minutes spent playing with/talking with your

 children/parents/spouse/friends/pets

(may be taken in 10 minute increments)

1 point for every evening you do not turn on the television

1 point for contacting someone you do not see very often, by

 phone, letter, email, or text

2 points for eating a meal with your family

(with no electronics at the table)

1 point for every day that you do not use an electronic device

(phone, computer, television, etc.) after 8:00 p.m.