

WELLNESS POINTS

ACTIVITY	POINTS
ONE TIME (ANNUALLY)	
Follow BreatheStrong CF on Facebook	50
Follow BreatheStrongPlus on Instagram	50
Sign up for the Big Peach Sizzler (virtual or in person)	150
Attend CFF BreatheCon	150
Join CFF's Community Voice	100
Join CFF's CF Peer Connect	100
Attend CFF's ResearchCon	150
QUARTERLY	
Set/adjust SMART goals	100
Host a BreatheStrong CF fundraiser	250
MONTHLY	
Participate in a Scrapbook Challenge	100
Try a What's in Season recipe	100
WEEKLY	
Log at least 15 miles (or equivalent time) during the week	100
Participate in a Beam online class	100
Encourage a friend's wellness efforts	25
DAILY/AS SCHEDULED	
Eat 5 servings of fruit/veggies	25
Get at least 7 hours of sleep	25
Participate in a CFRI online class	25
Participate in a CF Yogi online class	25
Participate in a Rock CF online class	25
Meet your personal calorie goal	25
Meet your personal hydration goal	25
Participate in a CFF small group discussion	50