

## WELLNESS POINTS

ACTIVITY	POINTS
<b>ONE TIME (ANNUALLY)</b>	
Follow BreatheStrong CF on Facebook	50
Follow BreatheStrong CF on Instagram	50
Follow BreatheStrong CF on LinkedIn	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
<b>QUARTERLY</b>	
Set/adjust SMART goals	100
Host a BreatheStrong CF fundraiser	250
<b>MONTHLY</b>	
Try a What's in Season recipe	100
<b>WEEKLY</b>	
Log at least 15 miles (or equivalent time) during the week	100
Encourage a friend's wellness efforts	25
<b>DAILY/AS SCHEDULED</b>	
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