

WELLNESS POINTS

One Time

Join the BreatheStrong+ Facebook Group	50
Follow BreatheStrongPlus on Instagram	50
Sign up for the Big Peach Sizzler (virtual or in person)	150
Attend CFF BreatheCon	200
Join CFF's Community Voice	100
Join CFF's CF Peer Connect.....	100
Attend CFF's ResearchCon.....	200

Quarterly

Set/adjust smart goals.....	100
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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	50
Encourage a friend's wellness efforts	25

Daily/As Scheduled

Eat 5 servings of fruit/veggies	25
Get at least 7 hours sleep.....	25
Participate in a Beam online class	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	100
Host a Miles for CF fundraiser	250