



BREATHE STRONG+
A YEAR-ROUND PARTNERSHIP WITH AFFLOVEST®

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

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

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