STEP UP TO THE 2018 COMMUNITY CHALLENGE!

JAN. 8 TO MARCH 4

The IT'S TIME TEXAS Community Challenge is a statewide competition where you earn points for your city or town by simply making healthier choices. It's free, fun, and holds you accountable for your New Year's Resolutions! Register for the Community Challenge, and ask your family, friends, and coworkers to compete alongside you!

HOW IT WORKS:

REGISTER for the Community Challenge at ittcommunitychallenge.com

UPLOAD SELFIES of healthy eating or exercise & fitness

SUBMIT ACTIVITIES through the activity tracker on the website

EARN POINTS for your community and encourage others to register, too!

HOW YOU CAN EARN POINTS FOR YOUR COMMUNITY:

500 POINTS
Register on the website and select your community

50 POINTS
Track your physical activity up to 2x per day using the Activity Tracker on the Challenge website, or sync with Fit Ranking

100 POINTS
Track your weight weekly using the Weight Tracker on the Challenge website

200 POINTS
Take a Healthy Selfie whenever you're eating healthy or getting physically active

200 POINTS
Watch the Living Healthier video lesson and answer a few questions

250 POINTS
Host a community event that is health-focused, free, and open to the public

www.ittcommunitychallenge.com

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. To receive assistance purchasing healthy foods, sign up for SNAP benefits at yourtexasbenefits.com.