

A Big Picture Look at the Challenge:

The 2016 IT'S TIME TEXAS Community Challenge launches on January 1st and runs through March 31st. Wondering how you can step up? There are many ways to earn points for your community:

Registration: All participants will earn **50 points** for creating an account on the Challenge site:
www.ittcommunitychallenge.com



Individuals:

- » Take a Healthy Selfie! At least one person must be present in photo demonstrating a healthy activity. **200 points**
- » Utilize the Weight Loss Tracker! Track your progress once a week throughout the Challenge. **50 points per week.**
- » Utilize the Activity Tracker or Sync with Map My Fitness! **10 points per physical activity, up to 2x per day.**



School & School District Representatives:

- » Download the Teach Healthier App! Upload a screenshot once you've created an account. **1,000 points.**
- » Make a Staff Shout Out! Take a photo holding the Shout Out card with a minimum of 3 staff present. **100 points.**
- » Put Healthy into Action! Snap a photo or video of at least 5 people making a healthy choice together. **200 points.**
- » Take Your Pledge:
 - Principals: **500 points**
 - PTA Members **250 points**
 - Superintendents: **2,000 points**
 - Health & Wellness Coordinators: **1,000 points**
 - SHAC Members: **500 points**



Employers & Staff:

- » Take the Worksite Wellness Pledge! This digital pledge lives on the Challenge site. **250 points.**
- » Organize a Workplace Activity! Snap a photo or video of at least 3 people doing a healthy activity. **200 points.**



Faith-Based Leaders & Members:

- » Take the Faith-Based Leadership Pledge! This digital pledge lives on the Challenge site. **250 points.**
- » Organize a Healthy Activity! Snap a photo or video doing a healthy activity with your congregation. **200 points.**



Mayors:

- » Take the Mayors Pledge! This digital pledge lives on the Challenge site. **10,000 points.**
*This Pledge of mayoral support is a requirement for communities to win the Challenge or receive the Recognition Award.
- » Create a Challenge Video! Upload a video challenging another Texas community to step up. **15,000 points.**
- » Establish or Strengthen a Citywide Health Collaborative! Requirements are listed on the Challenge site. **20,000 points.**

You can learn more about each of these activities on your Challenge profile page. Simply click the "?" next to each activity to get the details. If you still have questions, please don't hesitate to contact us!