

HEALTH & FITNESS CHALLENGE

Reach 1300 MEPs	Average 7 hours sleep per night for a week	30+ minutes Cardio	2+ Resistance workouts per week	20 min Mobility
Reach 2000 MEPs	Average 7 hours sleep per night for a week	30+ minutes Cardio	2+ Resistance workouts per week	20 min Mobility
Set a new Monthly MEP high!	Average 7 hours sleep per night for a week	30+ minutes Cardio	2+ Resistance workouts per week	20 min Mobility
Cast your Finisher Vote	Average 7 hours sleep per night for a week	30+ minutes Cardio	2+ Resistance workouts per week	20 min Mobility
Cook 3 healthy meals from scratch	Eat 5-a-day every day this month	Keep hydrated every day this month	Batch cook a new healthy recipe	<20 units of alcohol this month