Accumulated Points: _____
WEEK 5
Total Points: _____

- Do something nice for a friend, family member, roommate, or classmate
- Spend 15 minutes reading or journaling about your beliefs
- Keep your bedtime consistent 3 nights
- Eat 3+ servings of fruits & veggies
- Eliminate 30 minutes of non-essential screen time
- Replace a sugary or alcoholic beverage with a glass of water
- Go on a walk with a friend or partner