

A BIG PICTURE LOOK AT THE 2018 IT'S TIME TEXAS COMMUNITY CHALLENGE

The 2018 IT'S TIME TEXAS Community Challenge launches on January 8th and runs through March 4th at 5pm!

Wondering how you can step up? There are many ways Texans can earn points for their communities:

First, register! All participants earn 500 points for their communities by creating an account on the Community Challenge website.



INDIVIDUALS CAN:

- » Take a Healthy Selfie whenever you're eating healthy, or participating in a physical activity! ----- 200 points
At least one person must be present in the photo.
- » Utilize the Fitness Tracker daily, or Sync with Map My Fitness/Fit Ranking! ----- 50 points
You may earn points for tracking your physical activity up to 2x per day.
- » Utilize the Weight Tracker to track your weight weekly! ----- 100 points
- » Watch the Living Healthier Video Lesson and answer some questions! ----- 200 points
- » Host a Community Event! This must be a free, public, fitness-focused event the entire community can enjoy. 250 points



MAYORS & ELECTED OFFICIALS CAN:

- » Sign the Mayor's Pledge! This digital pledge lives on the Challenge site. ----- 10,000 points
- » Sign the City Council Pledge! One pledge may be submitted per Council. ----- 2,500 points
- » Create a Mayor's Challenge Video! ----- 15,000 points
Upload a video announcing a personal goal and challenging another Texas community to step up.
- » Establish or Strengthen a Citywide Health Collaborative! ----- 20,000 points
- » Host an IT'S TIME TEXAS Sanctioned Event with mayoral participation! ----- 5,000 points
Communities may host one event per month.



SCHOOL/DISTRICT REPRESENTATIVES CAN:

- » Sign the Pledge: • District School Board - 2,000 • Superintendent Pledge - 2,000 points • District Health & Wellness Coordinator Pledge - 1,000 points • District SHAC Leader Member Pledge (one per SHAC) - 500 points • Principal Pledge - 500 points • PTA Pledge - 250 points • Teacher Pledge - 200 points
- » Implement a Teach Healthier Activity from the Teach Healthier App! ----- 500 points
Educators can earn points for one Teach Healthier lesson per day.
- » Organize a Healthy Staff Activity! Three staff members must attend, one photo per activity ----- 200 points
- » Implement the Teach Healthier MyPlate Lesson! ----- 20 points
One picture per student holding their MyPlate activity card.



BUSINESSES & ORGANIZATIONS REPRESENTATIVES CAN:

- » Sign the Work Healthier Pledge or Nonprofit Leader Pledge! ----- 250 points
- » Complete the Work Healthier Assessment on behalf of your workplace! ----- 200 points
- » Organize a Healthy Workplace Event at work! ----- 200 points
This must be a group fitness or nutrition activity with at least three staff members present.



FAITH-BASED ORGANIZATION REPRESENTATIVES CAN:

- » Sign the Faith-Based Leadership Pledge! ----- 250 points
- » Organize a Healthy Group Activity! ----- 200 points
This must be a group fitness or nutrition activity with at least three participants.

Please read the full requirements for each activity on the Challenge site before submitting.

If you still have questions, feel free to contact us at coco@itstimetexas.org!