

A Big Picture Look at the 2017 Community Challenge

The 2017 IT'S TIME TEXAS Community Challenge launches on January 9th and runs through March 31st! Wondering how you can step up? There are many ways Texans can earn points for their communities:

First, register! All participants earn **1,000 points** for 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!** **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**
- » **Host a Community Event!** This must be a free, public, fitness-focused event the entire community can enjoy. **250 points**



Mayors & Elected Officials Can:

- » **Take the Mayor's Pledge!** This digital pledge lives on the Challenge site. **10,000 points**
- » **Take the City Council Pledge!** One pledge may be submitted per Council. **2,500 points**
- » **Create a Mayor's Challenge Video!** Upload a video challenging another Texas community to step up. **15,000 points**
- » **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.



Schools Can:

- » **Take the Pledge:**
 - Principal Pledge - 500 points • Superintendent Pledge - 2000 points • District SHAC Member Pledge (one per SHAC) 500 points
 - PTA Pledge - 250 points • District Health & Wellness Coordinator Pledge - 100 points • Teacher Pledge - 200 points
- » **Implement a Teach Healthier Activity!** Educators may earn points for one Teach Healthier lesson per day. **500 points**
- » **Organize a Healthy Staff Activity!** At least three school staff members must participate. **200 points**
- » **Make a Staff Shout Out!** Take a photo holding our Shout Out Card, with at least three people present in the photo. **100 points**



Businesses & Organizations Can:

- » **Take the Work Healthier Pledge** or **Nonprofit Leader Pledge!** These digital pledges live on the Challenge site. **250 points**
- » **Complete the Work Healthier Assessment** on behalf of your workplace! **500 points**
- » **Organize a Healthy Group Activity** at work! **200 points**
This must be a group fitness or nutrition activity with at least three staff members present.



Faith-based Organizations Can:

- » **Take the Faith-based Leader Pledge!** This digital pledge lives on the Challenge site. **250 points**
- » **Organize a Healthy Group Activity!** This must be a group fitness or nutrition activity with at least three participants. **200 points**

Please read the full requirements for each activity on the Challenge site before submitting.
If you still have questions, feel free to contact us!

www.ittcommunitychallenge.com