

HEALTHY BREAKFAST CHALLENGE

SEPTEMBER 2026



Tick 'Ate real whole food at breakfast' for 7 consecutive days during September to win your badge.



B.E.N.®

DON'T FORGET

TO LOG YOUR BEN SCORE

EXERCISE 30 CHALLENGE

OCTOBER 2026



Tick at least 2 boxes under exercise for 7 consecutive days during October to win your badge.



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SOUND SLEEPER CHALLENGE

NOVEMBER 2026



Tick 'Got a total of 8-10 hours sleep' for 7 consecutive days during November to win your badge.



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GIVING CHALLENGE

DECEMBER 2026



Tick 'Gave' for 7 consecutive days during December to win your badge.



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HEALTHY SNACK CHALLENGE

JANUARY 2027



Tick 'Snacked on real whole food' for 7 consecutive days during January to win your badge.



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JOURNALING CHALLENGE

FEBRUARY 2027



Tick 'Journaled' for 7 consecutive days during February to win your badge.



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EXERCISE 45 CHALLENGE

MARCH 2027



Tick at least 3 boxes under exercise for 7 consecutive days during March to win your badge.



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OUTDOORS CHALLENGE

APRIL 2027



Tick 'Sought beauty, nature' for 7 consecutive days during April to win your badge.



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HYDRATION CHALLENGE

MAY 2027



Tick all 4 boxes under hydration for
7 consecutive days during May to win
your badge.



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GRATITUDE CHALLENGE

JUNE 2027



Tick 'Was grateful' for 7 consecutive days during June to win your badge.



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CHILL CHALLENGE

JULY 2027



Tick 'Practiced relaxation' for 7 consecutive days during July to win your badge.



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TIDY ROOM CHALLENGE

AUGUST 2027



Tick 'Went to sleep in a tidy room' for 7 consecutive days during August to win your badge.



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