

# HEALTHY BREAKFAST CHALLENGE

SEPTEMBER 2026



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



**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.



**B.E.N.**<sup>®</sup>

**DON'T FORGET**

**TO LOG YOUR BEN SCORE**

# SOUND SLEEPER CHALLENGE

**NOVEMBER 2026**



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



**B.E.N.**<sup>®</sup>

**DON'T FORGET**

**TO LOG YOUR BEN SCORE**

# 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.



**B.E.N.**<sup>®</sup>

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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.



**DON'T FORGET**  
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