



## No Excuse Healthy Living Alliance Point System

Individual (1-4 people)	Group (5+ people)
<p><b>A PERSON can earn points based on participation in the following categories performed BY ONESELF:</b></p> <p>Individual Fitness Workout (you create it) (ex. Treadmill, Elliptical, Stationary biking, etc.)</p> <p style="text-align: center;"><b>Individual</b> 15 points = 30 mins 25 points = 45 mins 45 points = 1 hour</p> <p>(Per activity per day for at least 30 minutes, not to exceed 3 activities)</p> <p style="text-align: center;"><b>Daily Minimum Points</b> 15</p> <p style="text-align: center;"><b>Daily Max Points</b> 60</p>	<p><b>A GROUP (of at least 5+) can earn points based on participation in the following categories performed WITH OTHERS:</b></p> <p>Group Fitness Workouts (you create it) (ex. Group walks, jogs/runs, cycling, aerobics, etc)</p> <p style="text-align: center;"><b>Group</b> <b>75 Points</b></p> <p style="text-align: center;"><b>Minimum of 30 mins</b></p> <p style="text-align: center;"><b>Daily Minimum Points</b> 15</p> <p style="text-align: center;"><b>Daily Max Points</b> 60</p>