



Path to points

Earn \$\$\$!

Double Points December 2023

Max out your earning potential in December by automatically receiving double points for all daily, weekly and monthly activities. Achieving 50,000 HIP points by December 31 is right around the corner.

Daily

Activity	Daily points	Double Points
Take 1,000 – 14,000 steps	10-140	20-280
Complete 2 Daily Cards	40	80
Complete a Journeys® step	20	40
Complete a RethinkCare session	20	40
Browse healthy recipes	10	20
Daily calorie tracking via MyFitnessPal	20	40
Track sleep manually	10	20
Sleep > 7 hours in a night via synced device or app	50	100
Track 3 Healthy Habits	30	60
Daily total	210-340	420-700
By December 31 (31 days)	30,360	13,020 – 21,700

Weekly

Activity	Daily points	Double Points
Give a shoutout	25	50
Complete a RethinkCare program	20	40
Favorite a Zipongo recipe	10	20
Ad a recipe to a grocery list	10	20
Weekly total	65	130
By December 31 (31 days)	2,015	4,030

Monthly

Activity	Monthly Pts	Double Pts
20-day triple tracker: 7,000 steps/15 active min/15 workout min via synced device or app	400	800
20-day triple tracker: 10,000 steps/30 active min/30 workout min via synced device or app	500	1000
Complete 10 daily cards in a month	100	200
Complete 20 daily cards in a month	200	400
Create a personal challenge	50	100
Join personal challenge	100	200
Win the promoted Healthy Habit Challenge	200	400
Complete 4 video or audio experiences from the Media Library	200	400
Complete 10 RetthinkCare sessions in a month	100	200
Complete 20 RethinkCare sessions in a month	200	400
Track calories 10 days/mo with MyFitnessPal	200	400
Track calories 20 days/mo with MyFitnessPal	300	600
Receive a Shoutout	100	200
Track sleep 10 days /mo via synced device or app	100	200
Track sleep 20 days/mo via synced device or app	200	400
Sleep > 7 hours 20 days in a month	500	1000
Track Healthy Habits 10 days /mo	200	400
Track Healthy Habits 20 days/mo	300	600
Monthly total	3,950	7,900
Total by December 31 (31 days)	3,950	7,900

Grand total = 24,950 – 33,630 points!

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