



Scoring BOOST Points

Complete 5 energy building habits everyday this February. Each habit you complete gains you a 'BOOST' point. Collect as many points as you can. A total of 5 points are available each day (35 each week, 140 in total)

Simply record your daily health habits & BOOST points on the Well 1-2-1 app.

1. **Physical activity** – 30+ mins (1 Point)
2. **Sleep** – 6-9 hours (1 Point)
3. **Hydration** – 8-10 glasses (1 Point)
4. **Mood** – Stopping to check in with yourself (1 Point)
5. **Relaxation** – Taking 15+ minutes out from your day to relax (1 Point)

Top Tip – Treat the 5 daily health habits as 'non negotiables' – These are things that become an essential part of your daily routine in order to manage your energy levels.