

October Leaves of Progress Challenge

The Leaves of Progress Challenge is a fun fall wellness challenge where every healthy choice earns a “leaf.” Participants fill in their log to show your month of progress. **Challenge Goal:** Earn **50 leaves** during October by completing healthy habits each day.

How to Earn Leaves

Activity	Leaves Earned
20–30 minutes of physical activity	1
8,000–10,000 steps	1
Strength training (20+ minutes)	1
Stretching or yoga (15+ minutes)	1
Drink 64 oz. of water	1
Eat 5 servings of fruits and vegetables	1
Sleep 7–9 hours	1
Outdoor workout or walk	1
Take a 30-minute break from screens.	1
Wear fall colors while exercising.	1
Pack a healthy lunch.	1
Take a walking meeting.	2
Explore a new trail or park.	2
Try a new healthy recipe	2
Invite a friend or coworker to be active	2
Perform a random act of kindness.	2

Weekly Themes

Week 1 – Plant Healthy Habits

Build your routine with daily movement and hydration.

Week 2 – Grow Strong

Focus on strength, endurance, and consistency.

Week 3 – Branch Out

Try a new workout, healthy recipe, or outdoor activity.

Week 4 – Harvest Your Success

Finish strong and celebrate your progress.

Milestones

10 Leaves – Budding Beginner

25 Leaves – Healthy Habit Builder

40 Leaves – Autumn Achiever

50 Leaves – Leaves of Progress Champion

