

**2021 Wellness Incentive: *TrackThis!* Challenges**  
**Fruit & Veggie Challenge, Nutrition Challenge, and Get Fit**

1. These challenges help you create healthy eating or exercise habits.
2. Enter data in *TrackThis!* weekly, and submit totals by Sunday for 8 consecutive weeks.
3. Earn up to 12,500 reward points or \$50 cash for each challenge.
4. Earn incentives for one challenge or all three challenges if desired.
5. If you enjoy using *TrackThis!* to track food or exercise, you can do it all year long. However, keep in mind the incentive for each challenge is awarded only once per calendar year.
6. Following program completion, the incentive will be rewarded at the next [semi-annual payout](#).

Activity	Rally %	Reward Points	Cash	Employee	Spouse (on County plan)	Opt Out
Fruit & Veggie Challenge: 8 weeks of eating fruits and vegetables	25%	12,500	\$50	Yes	Yes	Yes
Nutrition Challenge: 8 weeks of food tracking and portion guidance	25%	12,500	\$50	Yes	Yes	Yes
Get Fit: 8 weeks of physical activity commitment	25%	12,500	\$50	Yes	Yes	Yes

**What's *TrackThis!* and how do I use it?**

*TrackThis!* is an easy-to-use online platform for data entry. It is accessible from your work or home computer as well as a mobile device. Enter your activities anytime, anywhere.

**What's the Fruit & Veggie Challenge?**

Fruit and vegetables are an important part of a healthy diet. They are high in vitamins, minerals, fiber and low in calories. Eat a minimum of 2 servings of fruit and 3 servings of vegetables daily at least 5 days a week for 8 weeks. Enter the data in *TrackThis!*

**What's the Nutrition Challenge?**

Trying to "eat right"? Those that track their food intake are twice as likely to reach their health goals. Use *TrackThis!* to record your meals, snacks and beverages at least 5 days a week for 8 weeks.

**What's Get Fit?**

Get moving! Do moderate to intense physical activity at least 3 days a week for a minimum of 120 minutes per week for 8 weeks. Enter your activities in *TrackThis!*

**[Register for Challenges in \*TrackThis!\*](#)**

**NOTE: To earn rewards in 2021, the last day to begin a challenge is November 1. If you enroll after that date, you will earn rewards in 2022.**