**September Challenges**

[Healthy Snack Challenge](https://hchoices.com/My-hDashboard/My-hChallenges/September-Snack-Challenge)**(9/10 - 9/16)**

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|  | [https://hchoices.com/portals/0/images/Challenge_Thumbnails/Challenge_Thumbnail_Snack.png](https://hchoices.com/My-hDashboard/My-hChallenges/hChoices-Veggie-Challenge) |  | **September 10th - September 16th**  **Details:**Record 100 points each day you don't eat unhealthy snacks **Goal:** Successfully complete 5 of the 7 days (achieving a total of 500 points) **Prize:**Reach the goal to be entered in a raffle for a $100 gift card [Join the Challenge](https://hchoices.com/My-hDashboard/My-hChallenges/September-Snack-Challenge) |

[Stretching Challenge](https://hchoices.com/My-hDashboard/My-hChallenges/September-Stretching-Challenge)**(9/17 - 9/23)**

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|  | [https://hchoices.com/portals/0/images/Challenge_Thumbnails/Challenge_Thumbnail_Stretching.png](https://hchoices.com/My-hDashboard/My-hChallenges/hChoices-Roses-Challenge) |  | **September 17th - September 23rd**  **Details:**Record 100 points each day you complete 10+ minutes of stretching **Goal:**Successfully complete 5 of the 7 days (achieving a total of 500 points) **Prize:**Reach the goal to be entered in a raffle for a $100 gift card [Join the Challenge](https://hchoices.com/My-hDashboard/My-hChallenges/September-Stretching-Challenge) |

[Visualization Challenge](https://hchoices.com/My-hDashboard/My-hChallenges/September-Visualization-Challenge)**(9/24 - 9/30)**

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|  | [https://hchoices.com/portals/0/images/Challenge_Thumbnails/Challenge_Thumbnail_Visualization.png](https://hchoices.com/My-hDashboard/My-hChallenges/hChoices-Roses-Challenge) |  | **September 24th - September 30th**  **Details:**Record 100 points each day you complete 10 minute visualization video for stress relief **Goal:**Successfully complete 5 of the 7 days (achieving a total of 500 points) **Prize:**Reach the goal to be entered in a raffle for a $100 gift card [Join the Challenge](https://hchoices.com/My-hDashboard/My-hChallenges/September-Visualization-Challenge) |