NEW YEAR'S

WHAT'S ON YOUR PHONE?

Check your phone and earn points for each item you can find.

1 Point

___Every contact that starts with "N" or "Y"
___A photo with friends
___A photo from January
___Social media app
___A selfie from this month
___For each person you texted today

5 Points

___An alarm set before 7 a.m.
___A photo of fireworks
___A photo in a dressy outfit
___A photo from last New Year's
___A text about New Year's
___Fun event on the calendar for the next year





10 Points

___A photo of something you accomplished this year
___A saved recipe you want to try
___A screenshot of a motivational phrase or saying
___Less than 25 unread emails
___Phone is on silent
___A group chat with 4+ people

20 Points

___ A New Year's resolution note
___ A fitness or health app
___ Silver or gold on your phone case
___ A video of something new you tried this year
___ A photo at a party or celebration
___Budgeting app

TOTAL POINTS ___

HEALTHYHAPPYIMPACTFUL.COM