

# How To Earn More Points in Addition to My Choice Activities?

## My Choice Activities

Limeade provides a variety of activities throughout the year to encourage positive behavior change. My Choice activities are available throughout the whole program year and have a limit of 1,000 total points you can earn per program year.

## I've maxed out on My Choice Activities, how can I earn more points?

If you've reached the 1,000 points maximum for My Choice activities, you can still continue to earn points through non-My Choice Activities. Every 3-4 weeks, Limeade release a new cycle of activities that are only available for a shorter period of time. All of these activities are non-My choice activities and have no limit on how many points you can earn.

## How to tell if it's a My Choice activity or not?

When you click on an activity, you will see a gold box that says My Choice in the top right hand corner. If it does not have this box, it is not a my choice activity and there is no limit.

Most activities that are NOT my choice activities can be found on the Discover page under Featured and Recommended by Pinellas County Schools. New activities (not my choice activities) are release every 4-8 weeks.

My choice activities will be available for the entire program year (March 2025 - February 2026). All activities that are not my choice activities have a much shorter time frame they are available (example: 5/1/2025—6/30/2025).

My Choice Activity

The screenshot shows a mobile app interface for a 'My Choice Activity'. At the top, a date range 'MAR 1, 2025—FEB 17, 2026' is circled in red. To its right, a gold box with the text 'MYCHOICE' is also circled in red. The activity title is 'Walk and Work'. Below it, the instructions are 'take a walking meeting' and '1 times / Weekly'. A section titled 'About this activity' describes switching up regular meeting space. At the bottom, there is a privacy settings section with a lock icon and a button labeled 'EVERYONE', and a dark blue 'GET STARTED >' button.

Not a My Choice Activity

The screenshot shows a mobile app interface for a 'Not a My Choice Activity'. At the top, a date range 'MAR 1 - APR 30' is circled in red. To its right, the text '25 pts' is visible. The activity title is 'Diverse Teams and Success'. Below it, the instructions are 'read the article below'. A section titled 'About this activity' describes the benefits of diversity. At the bottom, there is a privacy settings section with a lock icon and a button labeled 'EVERYONE', and a dark blue 'GET STARTED >' button.