

# TRACK MY POINTS






# WINTER WELLNESS CHALLENGE

Name: \_\_\_\_\_ Week Start Date: \_\_\_\_\_ Week End Date: \_\_\_\_\_

Use this paper to help you keep track of your points during the week. At the end of the week send to you team captain. Earn 1 point for each task up to 5 points per day.

Goal for the week: \_\_\_\_\_

**TASKS:** A healthier lifestyle is key to overall health. Earn 1 point for for each task completed.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <b>30 minutes of activity</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 <b>Drink 8 glasses of water</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 <b>Choose whole grains</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 <b>Eat more fruit and vegetables</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 <b>7-8 hours of sleep</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## WEEKLY CHECK-IN

How did I do this week? Looking back at last week, how satisfied are you with your efforts towards the challenge tasks.

8 glasses of water	1	2	3	4	5
30 minutes of activity	1	2	3	4	5
More veggies	1	2	3	4	5
7-8 hours of sleep	1	2	3	4	5
Whole grains	1	2	3	4	5
Overall health	1	2	3	4	5

This week was good because:

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Something I will do differently next week:

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