

TRACKING SHEET

“Resolution Revolution” Spring Wellness Challenge 2017

Goal: 70 points

Through a whole-health approach to living!

How to track your points:

Simply use this tracking sheet to record how many points you have earned each day. There is a possibility of 112 points for the 28 days. Your goal is at least 70 to be eligible for the randomly drawn **CASH** prize. That is only a few points each day! Set a personal goal to increase each week.

Earn up to 4 points per day. 1 point for each:

- ✓ Eating at least 3 servings of fruits and vegetables, but strive for 5
- ✓ Exercising 15 minutes but work toward 30 minutes
- ✓ Drinking 6-8 glasses of water
- ✓ Taking at least 10 minutes for relaxation

What’s a serving of fruits and vegetables?

- :: 1 C of leafy green vegetables
- :: ½ C of chopped fruit or vegetables
- :: ¼ C or 2 tablespoons of dried fruit
- :: 1 medium-sized piece of fruit
- :: ¾ C or 6 oz. of 100% fruit or vegetable juice

What’s considered exercise?

Walking, gardening, biking, dancing, jogging, swimming, tennis, bowling, GFPS Zumba, GFPS Circuit Training Class, anything that gets you moving!

What counts as relaxation?

Meditation, reading, painting, drawing, yoga, playing or listening to music, crafting or any other calming activities.

WEEK 1	MON 4-10	TUE 4-11	WED 4-12	THU 4-13	FRI 4-14	SAT 4-15	SUN 4-16
Fruits & Veggies							
Exercise							
H2O							
Relaxation							
TOTAL							
WEEK 2	MON 4-17	TUE 4-18	WED 4-19	THU 4-19	FRI 4-20	SAT 4-21	SUN 4-22
Fruits & Veggies							
Exercise							
H2O							
Relaxation							
TOTAL							
WEEK 3	MON 4-24	TUE 4-25	WED 4-26	THU 4-27	FRI 4-28	SAT 4-29	SUN 4-30
Fruits & Veggies							
Exercise							
H2O							
Relaxation							
TOTAL							
WEEK 4	MON 5-1	TUE 5-2	WED 5-3	THU 5-4	FRI 5-5	SAT 5-6	SUN 5-7
Fruits & Veggies							
Exercise							
H2O							
Relaxation							
TOTAL							

GRAND TOTAL: _____ to report at the end.

Watch for educational and motivational information each week in a separate Spring Activity Challenge email.

