



Remember:
 10 Minutes of Physical Activity = **1 point (No maximum per day)**
 Eating At least 2 Servings of Vegetables Every Day= **1 point (1 point maximum per day)**
 Eating At least 2 Servings of Fruit Every Day = **1 point (1 point maximum per day)**
 Completing the healthy habit weekly challenge*= **1 point bonus per day**
 *See reverse side for the list of healthy habit weekly challenges

Directions: Below each date, write in your points earned for that day.

Week 1	4/2 Mon _____	4/3 Tues _____	4/4 Wed _____	4/5 Thurs _____	4/6 Fri _____	4/7 Sat _____	4/8 Sun _____	Total Points Wk 1 _____
Week 2	4/9 Mon _____	4/10 Tues _____	4/11 Wed _____	4/12 Thurs _____	4/13 Fri _____	4/14 Sat _____	4/15 Sun _____	Total Points Wk 2 _____
Week 3	4/16 Mon _____	4/17 Tues _____	4/18 Wed _____	4/19 Thurs _____	4/20 Fri _____	4/21 Sat _____	4/22 Sun _____	Total Points Wk 3 _____
Week 4	4/23 Mon _____	4/24 Tues _____	4/25 Wed _____	4/26 Thurs _____	4/27 Fri _____	4/28 Sat _____	4/29 Sun _____	Total Points Wk 4 _____
Week 5	4/30 Mon _____	5/1 Tues _____	5/2 Wed _____	5/3 Thurs _____	5/4 Fri _____	5/5 Sat _____	5/6 Sun _____	Total Points Wk 5 _____
Week 6	5/7 Mon _____	5/8 Tues _____	5/9 Wed _____	5/10 Thurs _____	5/11 Fri _____	5/12 Sat _____	5/13 Sun _____	Total Points Wk 6 _____
Week 7	5/14 Mon _____	5/15 Tues _____	5/16 Wed _____	5/17 Thurs _____	5/18 Fri _____	5/19 Sat _____	5/20 Sun _____	Total Points Wk 7 _____
Week 8	5/21 Mon _____	5/22 Tues _____	5/23 Wed _____	5/24 Thurs _____	5/25 Fri _____	5/26 Sat _____	5/27 Sun _____	Total Points Wk 8 _____

How Do I Submit My Points?
 Every Monday, you will receive an email. Click on the link in the email and complete the form to submit your points.
It's very easy!

TOTAL POINTS _____

Did you earn at least 300 points? YES or NO

Healthy Habit Weekly Challenges

Each week you can get up to 7 bonus points if you complete the healthy habit challenge

Week 1 (4/2-4/8)

Replace Soda and Other Sugary Drinks with Water

*Each day this week that you do not consume soda and/or other sugary drinks, you get one bonus point.

Week 2 (4/9-4/15)

Get 7 or More Hours of Sleep

*Each day this week that you get 7 or more hours of sleep, you get one bonus point.

Week 3 (4/16-4/22)

Take Time for Yourself

*Each day this week that you take at least 10 minutes for yourself to practice mindfulness, meditate, do yoga, etc., you get one bonus point.

Week 4 (4/23-4/29)

Avoid Snacking After Dinner

*Each day this week that you do not consume more than 125 calories after dinner, you get one bonus point.

Week 5 (4/30-5/6)

“Eat the Rainbow”

*Each day this week that you eat at least 5 different colored fruits and vegetables, you get one bonus point.

Week 6 (5/7-5/13)

Exercise with a Buddy

*Each day this week that you exercise with at least one other person (must be a human), you get one bonus point.

Week 7 (5/14-5/20)

Avoid Sugars and Sweets

*Each day this week that you don't eat sugary snacks and sweets, you get one bonus point.

Week 8 (5/21-5/27)

Brush AND Floss Your Teeth Every Day

*Each day this week that you brush your teeth at least twice AND floss your teeth at least once, you get one bonus point.