



Scorecard

Remember:
 10 Minutes of Physical Activity = **1 point (No maximum per day)**
 Eating At least 2 Cups of Vegetables Every Day= **1 point (1 point maximum per day)**
 Eating At least 2 Cups 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	3/20 Mon _____	3/21 Tues _____	3/22 Wed _____	3/23 Thurs _____	3/24 Fri _____	3/25 Sat _____	3/26 Sun _____	Total Points Wk 1 _____
Week 2	3/27 Mon _____	3/28 Tues _____	3/29 Wed _____	3/30 Thurs _____	3/31 Fri _____	4/1 Sat _____	4/2 Sun _____	Total Points Wk 2 _____
Week 3	4/3 Mon _____	4/4 Tues _____	4/5 Wed _____	4/6 Thurs _____	4/7 Fri _____	4/8 Sat _____	4/9 Sun _____	Total Points Wk 3 _____
Week 4	4/10 Mon _____	4/11 Tues _____	4/12 Wed _____	4/13 Thurs _____	4/14 Fri _____	4/15 Sat _____	4/16 Sun _____	Total Points Wk 4 _____
Week 5	4/17 Mon _____	4/18 Tues _____	4/19 Wed _____	4/20 Thurs _____	4/21 Fri _____	4/22 Sat _____	4/23 Sun _____	Total Points Wk 5 _____
Week 6	4/24 Mon _____	4/25 Tues _____	4/26 Wed _____	4/27 Thurs _____	4/28 Fri _____	4/29 Sat _____	4/30 Sun _____	Total Points Wk 6 _____
Week 7	5/1 Mon _____	5/2 Tues _____	5/3 Wed _____	5/4 Thurs _____	5/5 Fri _____	5/6 Sat _____	5/7 Sun _____	Total Points Wk 7 _____
Week 8	5/8 Mon _____	5/9 Tues _____	5/10 Wed _____	5/11 Thurs _____	5/12 Fri _____	5/13 Sat _____	5/14 Sun _____	Total Points Wk 8 _____
Week 9	5/15 Mon _____	5/16 Tues _____	5/17 Wed _____	5/18 Thurs _____	5/19 Fri _____	5/20 Sat _____	5/21 Sun _____	Total Points Wk 9 _____
Week 10	5/22 Mon _____	5/23 Tues _____	5/24 Wed _____	5/25 Thurs _____	5/26 Fri _____	5/27 Sat _____	5/28 Sun _____	Total Points Wk 10 _____

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 400 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 (3/20-3/26)

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 (3/27-4/2)

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 (4/3-4/9)

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 4 (4/10-4/16)

Eat a Variety of Fruits and Vegetables

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

Week 5 (4/17-4/23)

Exercise with a Buddy

*Each day this week that you exercise with at least one other person, you get one bonus point.

Week 6 (4/24-4/30)

Avoid Sugars and Sweets

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

Week 7 (5/1-5/7)

Eat a Healthy Breakfast Every Morning

*Each day this week that you eat a healthy breakfast, you get one bonus point.

Week 8 (5/8-5/14)

Avoid Alcohol and Tobacco

*Each day this week that you do not use alcohol and tobacco, you get one bonus point.

Week 9 (5/15-5/21)

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.

Week 10 (5/22-5/28)

Take Time for Yourself

*Each day this week that you take 15 minutes for YOURSELF to relax, meditate, do yoga, etc., you get one bonus point.