

## Wellness Challenge Log 2022

Name: \_\_\_\_\_

Week#: \_\_\_\_\_

1. Log is from Monday to Sunday with one cheat day a week. Cross that day off.
2. Log daily points earned for each category.

Movement/Exercise	30 min w/breaks- 1 point 45 min w/breaks-2 points 30 min of continuous- 3 points 45 min of continuous- 4 points	Mon-Wed-Fri-Sun	Tues-Thu-Sat-
Sugar Consumption	No cookies, candy, bagels, muffins, donuts, fruit juice, mixes, sports drinks, soda, ice cream, jams & jellies, granola bars, chocolate milk, coffee drinks aside from coffee, etc.. 0 points 2 points	Mon-Wed-Fri-Sun	Tues-Thu-Sat-
Salty Snacks	No chips, tortilla chips, microwave/flavored popcorn, pretzels, honey roasted nuts 0 points 2 points	Mon-Wed-Fri-Sun	Tues-Thu-Sat-
Nightly Consumption of Foods	Less than 2 hours prior to bed- 0 points Stop 2 hours prior to bed- 1 point Stop 3 hours prior to bed- 2 points	Mon-Wed-Fri-Sun	Tues-Thu-Sat-
Total points for week	0-10 points possible	Mon-Wed-Fri-Sun	Tues-Thu-Sat-