



## WCA Group Health Trust Holiday Challenge Points Tracker

<b>Week 2 (November 10-16)</b>	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
2 1/2 cups vegetables = 1 point per day							
2 cups fruit = 1 point per day							
30 minutes of moderate to vigorous activity = 1 point per day							
<b>Daily Totals (Maximum for each day is 3 points)</b>							
<b>Weekly Total (Maximum points for each week is 21 points)</b>		This is the amount you will report by November 19 at 4:00 pm					

## WCA Group Health Trust Holiday Challenge Points Tracker

Week 3 (November 17-23)	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
2 1/2 cups vegetables = 1 point per day							
2 cups fruit = 1 point per day							
30 minutes of moderate to vigorous activity = 1 point per day							
<b>Daily Totals (Maximum for each day is 3 points)</b>							
<b>Weekly Total (Maximum points for each week is 21 points)</b>		This is the amount you will report by November 26 at 4:00 pm					

## WCA Group Health Trust Holiday Challenge Points Tracker

Week 4 (November 23-30)	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
2 1/2 cups vegetables = 1 point per day							
2 cups fruit = 1 point per day							
30 minutes of moderate to vigorous activity = 1 point per day							
<b>Daily Totals (Maximum for each day is 3 points)</b>							
<b>Weekly Total (Maximum points for each week is 21 points)</b>		This is the amount you will report by December 3 at 4:00 pm					