

WCA Group Health Trust 3 For 3 Challenge Points Tracker

Week 1 (November 3-9)	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							
Daily Totals (Maximum for each day is 3 points)							
Weekly Total (Maximum points for each week is 21 points)		This is the amount you will report by November 12 at 4:00 pm					

WCA Group Health Trust Holiday Challenge Points Tracker

Week 2 (November 10-16)	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							
Daily Totals (Maximum for each day is 3 points)							
Weekly Total (Maximum points for each week is 21 points)		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							
Daily Totals (Maximum for each day is 3 points)							
Weekly Total (Maximum points for each week is 21 points)		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							
Daily Totals (Maximum for each day is 3 points)							
Weekly Total (Maximum points for each week is 21 points)		This is the amount you will report by December 3 at 4:00 pm					