

WCA Group Health Trust Fitness Challenge Points Tracker

How many points per week do you plan to earn?							
Week 1 (April 23-29)	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Choose one in the gray area for each day							
1-30 minutes physical activity = 1 point per day							
31-60 minutes physical activity = 3 points per day							
61-120 minutes physical activity = 5 points per day							
More than 120 minutes physical activity = 7 points per day							
Event Participation = 5 points per event							
Consume at least 64 oz. of water = 1 point per day							
Daily Totals							
Weekly total--report to your team leader							

WCA Group Health Trust Fitness Challenge Points Tracker

Week 2 (April 30-May 6)	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Choose one for each day							
1-30 minutes physical activity = 1 point per day							
31-60 minutes physical activity = 3 points per day							
61-120 minutes physical activity = 5 points per day							
More than 120 minutes physical activity = 7 points per day							
Event Participation = 5 points per event							
Sleep 7-9 hours per night=1 point per day							
Daily Totals							
Weekly total--report to your team leader							

WCA Group Health Trust Fitness Challenge Points Tracker

Week 3 (May 7-13)	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Choose one for each day							
1-30 minutes physical activity = 1 point per day							
31-60 minutes physical activity = 3 points per day							
61-120 minutes physical activity = 5 points per day							
More than 120 minutes physical activity = 7 points per day							
Event Participation = 5 points per event							
Go two hours (awake) without TV or any electronic device use=1 point per day							
Daily Totals							
Weekly total--report to your team leader							

WCA Group Health Trust Fitness Challenge Points Tracker

Week 4 (May 14-20)	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Choose one for each day							
1-30 minutes physical activity = 1 point per day							
31-60 minutes physical activity = 3 points per day							
61-120 minutes physical activity = 5 points per day							
More than 120 minutes physical activity = 7 points per day							
Event Participation = 5 points per event							
Keep a diary of all the food and drinks you consume=1 point per day							
Daily Totals							
Weekly total--report to your team leader							

WCA Group Health Trust Fitness Challenge Points Tracker

Week 5 (May 21-27)	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Choose one for each day							
1-30 minutes physical activity = 1 point per day							
31-60 minutes physical activity = 3 points per day							
61-120 minutes physical activity = 5 points per day							
More than 120 minutes physical activity = 7 points per day							
Event Participation = 5 points per event							
Make a change by giving up one bad habit = 1 point per day							
Daily Totals							
Weekly total--report to your team leader							

WCA Group Health Trust Fitness Challenge Points Tracker

Week 6 (May 28-June 3)	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Choose one for each day							
1-30 minutes physical activity = 1 point per day							
31-60 minutes physical activity = 3 points per day							
61-120 minutes physical activity = 5 points per day							
More than 120 minutes physical activity = 7 points per day							
Event Participation = 5 points per event							
Eat a healthy breakfast - 1 point per day							
Daily Totals							
Weekly total--report to your team leader							