

WCA Group Health Trust Holiday Challenge Points Tracker

Week:	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
2 1/2 cups vegetables = 1 point per day							
2 cups fruit = 1 point per day							
30 mins. moderate to vigorous activity = 1 point per day							
Daily Totals (Maximum for each day is 3 points)							
Weekly Total (Maximum for each week is 21 points)							