

## WCA Group Health Trust Holiday Challenge Points Tracker

<b>Week:</b>	<b>Sun</b>	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>
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							
<b>Daily Totals (Maximum for each day is 3 points)</b>							
<b>Weekly Total (Maximum for each week is 21 points)</b>							