

## WCA Group Health Trust Fitness Challenge Points Tracker

<b>Week 1 (April 11-17)</b>	<b>Sun</b>	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>
<b>Choose ONE LEVEL in the gray area for each day</b>							
1-30 minutes physical activity = <b>1 point per day</b>							
31-60 minutes physical activity = <b>3 points per day</b>							
61-120 minutes physical activity = <b>5 points per day</b>							
More than 120 minutes physical activity = <b>7 points per day</b>							
Daily Totals (maximum you can report is 7 points)							
<b>Weekly physical activity total--report to your team leader</b>							
Healthy Habit--set a daily exercise goal, each day you meet or exceed the goal = 1 point per day							
<b>Weekly healthy habit total-report to your team leader</b>							

## WCA Group Health Trust Fitness Challenge Points Tracker

<b>Week 2 (April 18-24)</b>	<b>Sun</b>	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>
<b>Choose ONE LEVEL in the gray area for each day</b>							
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							
Daily Totals							
<b>Weekly physical activity total--report to your team leader</b>							
Healthy Habit--keep a diary of your food and drink intake = 1 point per day							
<b>Weekly healthy habit total-report to your team leader</b>							

## WCA Group Health Trust Fitness Challenge Points Tracker

<b>Week 3 (April 25-May 1)</b>	<b>Sun</b>	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>
<b>Choose ONE LEVEL in the gray area for each day</b>							
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							
Daily Totals							
<b>Weekly physical activity total--report to your team leader</b>							
Healthy Habit--consume at least 64 oz. water per day = 1 point per day							
<b>Weekly healthy habit total-report to your team leader</b>							

## WCA Group Health Trust Fitness Challenge Points Tracker

<b>Week 4 (May 2-8)</b>	<b>Sun</b>	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>
<b>Choose ONE LEVEL in the gray area for each day</b>							
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							
Daily Totals							
<b>Weekly physical activity total--report to your team leader</b>							
Healthy Habit--sleep 7-9 hours per night = 1 point per day							
<b>Weekly healthy habit total-report to your team leader</b>							

## WCA Group Health Trust Fitness Challenge Points Tracker

<b>Week 5 (May 9-15)</b>	<b>Sun</b>	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>
<b>Choose ONE LEVEL in the gray area for each day</b>							
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							
Daily Totals							
<b>Weekly physical activity total--report to your team leader</b>							
Healthy Habit--do a 5-10 minute warm-up and 5-10 minute cool down = 1 point per day							
<b>Weekly healthy habit total-report to your team leader</b>							

## WCA Group Health Trust Fitness Challenge Points Tracker

<b>Week 6 (May 16-22)</b>	<b>Sun</b>	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>
<b>Choose ONE LEVEL in the gray area for each day</b>							
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							
Daily Totals							
<b>Weekly physical activity total--report to your team leader</b>							
Healthy Habit--minimum of 5 minutes of relaxation = 1 point per day							
<b>Weekly healthy habit total-report to your team leader</b>							