

WCA Group Health Trust Fitness Challenge Points Tracker							
Week 1 (April 11-17)	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Choose ONE LEVEL 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							
Daily Totals (maximum you can report is 7 points)							
Weekly physical activity total--report to your team leader							
Healthy Habit--set a daily exercise goal, each day you meet or exceed the goal = 1 point per day							
Weekly healthy habit total-report to your team leader							

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

WCA Group Health Trust Fitness Challenge Points Tracker							
Week 3 (April 25-May 1)	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Choose ONE LEVEL 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							
Daily Totals							
Weekly physical activity total--report to your team leader							
Healthy Habit--consume at least 64 oz. water per day = 1 point per day							
Weekly healthy habit total-report to your team leader							

WCA Group Health Trust Fitness Challenge Points Tracker							
Week 4 (May 2-8)	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Choose ONE LEVEL 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							
Daily Totals							
Weekly physical activity total--report to your team leader							
Healthy Habit--sleep 7-9 hours per night = 1 point per day							
Weekly healthy habit total-report to your team leader							

WCA Group Health Trust Fitness Challenge Points Tracker							
Week 5 (May 9-15)	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Choose ONE LEVEL 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							
Daily Totals							
Weekly physical activity total--report to your team leader							
Healthy Habit--do a 5-10 minute warm-up and 5-10 minute cool down = 1 point per day							
Weekly healthy habit total-report to your team leader							

WCA Group Health Trust Fitness Challenge Points Tracker							
Week 6 (May 16-22)	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Choose ONE LEVEL 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							
Daily Totals							
Weekly physical activity total--report to your team leader							
Healthy Habit--minimum of 5 minutes of relaxation = 1 point per day							
Weekly healthy habit total-report to your team leader							