

WCA Group Health Trust Fitness Challenge Points Tracker

What is your weekly goal?							
Week 1 (April 14-20)	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							
Daily Totals							
Weekly physical activity total--report to your team leader							
View video and follow stretch warm up = 1 point per day							
Weekly challenge activity total--report to your team leader							
Event Participation = 5 points per event							
Weekly event participation total--report to your team leader along with name of the event							

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Week 2 (April 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							
Daily Totals							
Weekly physical activity total--report to your team leader							
Keep a diary of your food and drink intake = 1 point per day							
Weekly challenge activity total-report to your team leader							
Event Participation = 5 points per event							
Weekly event participation total--report to your team leader along with name of the event							

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Week 3 (April 28-May 4)	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							
Daily Totals							
Weekly physical activity total--report to your team leader							
Consume at least 64 oz. water per day - 1 point per day							
Weekly challenge activity total-report to your team leader							
Event Participation = 5 points per event							
Weekly event participation total--report to your team leader along with name of the event							

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Week 4 (May 5-11)	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							
Daily Totals							
Weekly physical activity total--report to your team leader							
Sleep 7-9 hours per night=1 point per day							
Weekly challenge activity total-report to your team leader							
Event Participation = 5 points per event							
Weekly event participation total--report to your team leader along with name of the event							

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Week 5 (May 12-18)	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							
Daily Totals							
Weekly physical activity total--report to your team leader							
Go two hours (awake) without TV, computer, cell phone or any electronic device use=1 point per day							
Weekly challenge activity total-report to your team leader							
Event Participation = 5 points per event							
Weekly event participation total--report to your team leader along with name of the event							

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Week 6 (May 19-25)	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							
Daily Totals							
Weekly physical activity total--report to your team leader							
Choose any activity from previous 5 weeks. You can mix and match = 1 point per day							
Weekly challenge activity total-report to your team leader							
Event Participation = 5 points per event							
Weekly event participation total--report to your team leader along with name of the event							