

WCA Group Health Trust Fitness Challenge Points Tracker

How many points per week do you plan to earn?							
Week 1 (April 8-14)	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							
Event Participation = 5 points per event							
Keep a diary of your food and drink intake = 1 point per day							
Daily Totals	0	0	0	0	0	0	0
Weekly total--report to your team leader	0						

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Week 2 (April 15-21)	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							
Event Participation = 5 points per event							
Sleep 7-9 hours per night=1 point per day							
Daily Totals	0	0	0	0	0	0	0
Weekly total--report to your team leader	0						

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Week 3 (April 22-28)	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							
Event Participation = 5 points per event							
Go two hours (awake) without TV or any electronic device use=1 point per day							
Daily Totals	0	0	0	0	0	0	0
Weekly total--report to your team leader	0						

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Week 4 (April 29-May 5)	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							
Event Participation = 5 points per event							
Think positive by recording positive events=1 point per day							
Daily Totals	0	0	0	0	0	0	0
Weekly total--report to your team leader	0						

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Week 5 (May 6-12)	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							
Event Participation = 5 points per event							
Observe quiet time = 1 point per day							
Daily Totals	0	0	0	0	0	0	0
Weekly total--report to your team leader	0						

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Week 6 (May 13-19)	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							
Event Participation = 5 points per event							
Consume at least 64 oz. water per day - 1 point per day							
Daily Totals	0	0	0	0	0	0	0
Weekly total--report to your team leader	0						