

### WCA Group Health Trust 3 For 3 Challenge Points Tracker

<b>Week 1 (November 1-7)</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 minutes of moderate to vigorous activity = 1 point per day							
<b>Daily Totals (Maximum for each day is 3 points)</b>							
<b>Weekly Total (Maximum points for each week is 21 points)</b>	This is the amount you will report by November 10 at 4:00 pm						

### WCA Group Health Trust 3 For 3 Challenge Points Tracker

<b>Week 2 (November 8-14)</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 minutes of moderate to vigorous activity = 1 point per day							
<b>Daily Totals (Maximum for each day is 3 points)</b>							
<b>Weekly Total (Maximum points for each week is 21 points)</b>	This is the amount you will report by November 17 at 4:00 pm						

### WCA Group Health Trust 3 For 3 Challenge Points Tracker

Week 3 (November 15-21)	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
2 1/2 cups vegetables = 1 point per day							
2 cups fruit = 1 point per day							
30 minutes of moderate to vigorous activity = 1 point per day							
<b>Daily Totals (Maximum for each day is 3 points)</b>							
<b>Weekly Total (Maximum points for each week is 21 points)</b>	This is the amount you will report by November 24 at 4:00 pm						

### WCA Group Health Trust 3 For 3 Challenge Points Tracker

Week 4 (November 22-28)	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
2 1/2 cups vegetables = 1 point per day							
2 cups fruit = 1 point per day							
30 minutes of moderate to vigorous activity = 1 point per day							
<b>Daily Totals (Maximum for each day is 3 points)</b>							
<b>Weekly Total (Maximum points for each week is 21 points)</b>	This is the amount you will report by December 1 at 4:00 pm						