

Weekly Fitness Challenge Point Record



Week of _____ Name _____ TOTAL POINTS: 0

DATE								
Activity	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.	TOTAL
Walk or Jog (Treadmill								0
Ride a bike outdoors on								0
Mountain biking outdoors (off								0
Stationary bike/Spinning Class								0
Swimming (33 laps in a 25 yd								0
Hiking								0
Horseback riding								0
Stretching -max points 4/day								0
Exercise class								0
Individual workout								0
Workout with personal trainer								0
Exercise machine								0
Jumping rope								0
Recreation sport								0
Active sport								0
Heavy yard work								0
Light yard work								0
Heavy house work (vacuuming,								0
Light housework								0
No caffeine								0
No refined sugar ***								0
No "Junk Food"								0
No alcohol								0
Drink 32 ounces of water (max.								0
Less than 20 grams of fat								0
Eat 25g of fiber								0
Less than 2300 mg of sodium								0
Five fruits or vegetables								0
Take a Multi-vitamin								0
Eat a well balanced meal								0
Attend an athletic event								0
Attend a mental well being class								0
Read or listen to a 1,000 word								0
Read a wellness book or book								0
Community service								0
Give blood								0
1% body fat reduction or 1 inch								0
Beginning to end weight loss								0
Quit Smoking								0
Don't smoke (non smoker)								0
Bonus: Enter sanctioned								0
Bonus: 9 or more fruit and								0

*Note: Fruit & veggie bonus points can be earned once a day. Points for a Sanctioned Competition can only be earned once per competition
 A swim meet or tennis tournament lasting several days for example would only earn bonus points on the FIRST day. Chart Courtesy COE