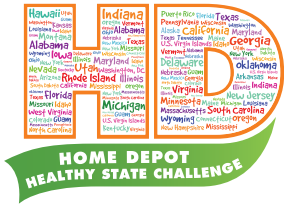


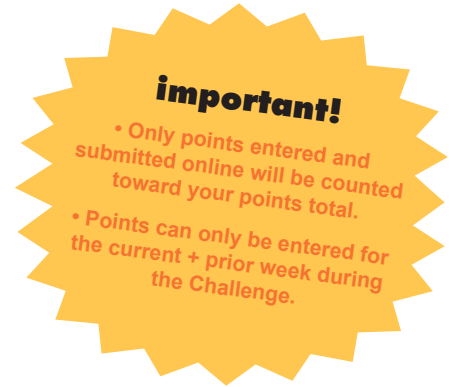
Track My Points



Week Start Date: _____ Week End Date: _____

Use this paper form to help you keep track of your points during the week when you're not near a computer. At the end of the week, enter all your points online at hdhealthchallenge.com

Earn up to 1 point per category each day for a total of 3 points per day (1 per category). In addition, you can earn 3 bonus points per week. Be sure to make copies if you need more than one tracker.



Earn 1 point per day in the Move category by doing the item below to move yourself to better health.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Points
<p>Incorporated either two 15-minute sessions or one 30-minute session of continuous physical activity into my day</p>	/	/	/	/	/	/	/	[]
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Up to 7 points






Earn 1 point per day in the Fuel category by doing all of the items below to fuel your body.

<p>Drank 64 ounces of water</p>								
<p>Chose whole grains instead of refined grains</p>								
<p>Ate at least 3 servings of fruits and vegetables</p>								
<p>Avoided oversized portions</p>								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Points
	/	/	/	/	/	/	/	[]
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Up to 7 points



Balance

Earn 1 point per day in the Balance category by doing all of the items below to help keep balance in your life.


	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Points
 Took 15 minutes or more to do something that was calming or fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> Up to 7 points
 Slept 7 hours or more	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
 Worked to reduce an unhealthy habit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		



Weekly Theme Bonus

Earn 3 points per week for completing the weekly bonus activity.

COMPLETED THIS WEEK'S BONUS THEME

 ACTIVITY:

Total Points

Up to 3 points



important!

- Only points entered and submitted online will be counted toward your points total.
- Points can only be entered for the current + prior week during the Challenge.

Total Points this Week:

Up to 24 points