

# CHAMPIONING A CORPORATE HEALTH & WELLNESS CHALLENGE

SAMPLE POINTS TRACKING SHEET

# FITNESS CHALLENGE POINTS TRACKER

Participant Name \_\_\_\_\_

	Food Tracking (20 points/day)	Drink 48 oz. Water (20 points/day)	Low-Intensity Activity (1 pt./minute)	High-Intensity Activity (2 pt./minute)	Eat 2 cups of vegetables (20 points/day)	Eat 2 cups of fruit (20 points/day)	Give Back (20 points each; 200 point max)	Attend a Wellness Session (50 points/session)	Register for a fitness event (50 points/event; must take place during the 10-week challenge)	Purchase Fitness Equipment (50 points/piece; 100 points max)	Eliminate unhealthy behavior (500 points total; must be for the entire challenge)
Monday											
Tuesday											
Wednesday											
Thursday											
Friday											
Saturday											
Sunday											

TOTALS:      0            0            0            0            0            0            0            0            0            0            0            0