

2018 Woodbury High School Wellness Challenge Point Log

Name: _____		Team name: _____		Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Daily Points				Points Awarded							
Activity											
30 mins of moderate-intensity exercise (must cause noticeable increase in heart rate-such as a brisk walk)		5 pts./30 mins									
20 mins of vigorous-intensity exercise (must cause large difference in breathing and heart rate-such as jogging)		5 pts./20 mins									
Strength Training (must do 8-12 repetitions -such as weight machines, free weights, etc.)		1 pt. per Set									
Participate in a Wellness class or Community Ed class		5 pts./class									
Be active during alternative physical activity		5 pts./activity									
List here:											
Sports/club practice attendance (or game)		5 pts./day									
30 mins Walking (10 pts./day max.)		3 pts./30 mins									
Nutrition											
Stop drinking pop for one week		5 pts.									
Eat 3 or more servings of fruits		2 pts./day									
Eat 3 or more servings of veggies		2 pts./day									
Eat breakfast		2 pts./day									
Drink 8 or more 8oz. Glasses of water per day		2 pts.									
Take a multivitamin		1 pt./day									
Brush your teeth 2-3 time during the day		1 pt./day									
Floss your teeth one time during the day		1 pt./day									
Create a Food Diary and keep track of your intake		10 pts./week									
Mental											
Get 8 or more hours of sleep		2 pts./day									
Read a book or magazine about wellness		2 pts. Each time									
Get additional homework help from a teacher or tutor		2 pts./session									
Volunteer your time for at least 2 hour per week		5 pts./week									
Wear your seatbelt 100% for the week		5 pts.									
Be "Screen Free" or avoid technology after 8 pm		5 pts./day									
Relationships											
Workout with a friend		2 pts./day									
Introduce yourself to someone new		2 pts./person									
Attend a WHS or community event		2 pts./event									
Attend a cultural, spiritual or sporting event		2 pts./event									
Health One Time Points (you can pick which week you want to add these points to your weekly total, but they may only be added once)											
Get a Physical exam (or had one within the past year)		10 pts.									
Donate Blood (within the past year)		10 pts.									
Dental Exam (or within the past 6 mo.)		10 pts.									
Get a Flu Shot (or within one year)		10 pts.									
Get Body Composition Tested (Body Mass Index)		10 pts.									
Dr. visit or a Health care service (within the past 6 mo.)		10 pts.									
Participated in a Sport or WHS Club (within the past year)		10 pts.									
Week Total (Don't forget to submit your points! Deadline is Wednesday 11:59pm each week)											
Turn in to designated Drop off locations - Cafeteria											