

Individual Point Tracking Worksheet

Each team member is required to turn in his or her total weekly points to their team captain on Monday mornings. The team captain needs to compile all points and turn those numbers into the Health Resource Center on Monday before 4:00 P.M. This form is to help individuals keep track of their daily points ONLY and is not to be turned in to Health Trek.

	Point Value	Mon.	Tues.	Wed.	Thur	Fri.	Sat.	Sun.
Abdominal Workout	½ pt. / 20 reps.							
Aerobics	4 pts. / 15 min.							
Bowling	1 pt. / 1 game							
Breakfast - eating a healthy breakfast	1 pt. / day							
Caffeine – Limited	3 pts. per day							
Calisthenics	1 pt. / 15 min.							
Circuit cardio & strength workouts	3.5 pts / 15 min.							
Cross-Country Skiing	5 pts / 15 min.							
Cycling	See chart							
Dancing	3 pts. / 15 min.							
Drinking Water	5 pts / 6 to 8 - 8oz							
Eating Fruit or Vegetables	5 pts / 6+ servings							
Eliptical Machine or EFX Machine	See chart							
Exercising with family, friends	1 pt. per time							
Exercise Goal (see bottom of sheet)	5 pts. / per week							
Flossing	3 pt. per day							
Football / Softball	2 pts / 15 min.							
FRHS Health Resource Center	1.5 pts per week							
Gardening/ Housework	1.5 pts/ 30 min							
Golf	See Chart							
Ice or Roller Skating , Rollerblading	2.5 pts. / 15 min.							
Kick boxing	4.5 pts. / 15 min.							
Lifesteps/Lifecycle	See Chart							
Pilates	3.5 pts. / 15 min.							
Racquetball/Handball/Basketball	5 pts. / 15 min.							
Rope Skipping	See Chart							
Rowing	3 pts. / 10 min.							
Seat Belts	5 pts. per week							
Seminar(Sun Safety) or Poker Walk	10 points							
Sleep	2 pts per night							
Smoke- Free	See Chart							
Soccer/Martial Arts	3 pts / 15 min.							
Spinning (YMCA)	5 pts. / 15 min.							
Spiritual Wellness	1 pt. / per event							
Stair Stepping machine	5 pts. / 15 min							
Stationary Cycling	See chart							
Swimming	5 pts. / 15 min.							
Tennis	See chart							
Volleyball	2 pts / 30 min.							
Walking/Run (outdoor, pedometer, treadmill)	See chart							
Water Aerobics	2.5 pts / 15 min.							
Weight & Inches Loss/Gain	+2 or -2 / pound							
Weight Training	4 pts. / 15 min.							
Weighted Hula Hoop	1 pt. / 5 min.							
Wrestling/Boxing	5 pts. / 15 min.							
Yoga	1.5 pts. / 15 min.							
	TOTALS							

WEEKLY POINT TOTAL: _____

Weekly Exercise Goal (be specific): _____