Name:

Weekly Tracking Form	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	**Weekly Total**
Move Well								
Cardiovascular training (1 pt/10 min/day)								
Resistance training (1 pt/10 min/day)								
Stretching (1 pt/10 min/day)								
Flexibility training (1 pt/10 min/day)								
Core Stability training (1 pt/10min/day)								
10,000 steps/day (10 pts/day)								
Breathing exercises (1 pt/day)								
Yard work (1pt/10min/day)								
Housework (1pt/10min/day)								
Organized athletic league (1pt/10min/event)								
Posture Self Check (1pt/day)								
Total Move Well Points								
Eat Well								
At Least 3 Complete Meals (2 pts/day)								
7+ glasses water (2 pts/day)								
7+ servings fruits/veggies (2 pts/day)								
3 servings whole grains/day (2 pts/day)								
3 dairy servings (2 pts/day)								
5 oz. Protein (2 pts/day)								
1 serving of Fish or Flax (2 pts/day)								
Did not go without food for more than 5 hrs (2 pts/day)								
No soda/softdrinks (2 pts/day)								
No sweets (2 pts/day)								
Floss teeth (2 pts/day)								
Meal with complete family (2 pts/day)								
Total Eat Well Points								
Think Well								
Attend weekly talk (20 pts)								
Watch weekly talk on TV or Website (20 pts)								
Volunteer (10 pts/event)								
Reading (1 pt/10min/day)								
No Television or Video games (5 pts/day)								
No Smoking (2 pts/day)								
Quit Smoking (10 pts/week)								
Charity participation (10 pts/event)								
Wear seatbelt 100% (1 pt/day)								
Get at least 8 hours of sleep (1 pt/day)								
Preventative Screening Tests (10 pts/test)								
Review written goals (5 pts/week)								
Submit completed point sheet on time (5 pts/week)								
Total Think Well Points								
Total Points								