



WELLNESS CHALLENGE
SPRING 2015

PLAYER NAME: _____

TEAM NAME: _____

POINT SYSTEM: 1,000 Steps = 1 Point

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
TOTAL STEPS								
ACTIVITY NAME								
TIME								
ACTIVITY NAME								
TIME								
ACTIVITY NAME								
TIME								
ACTIVITY NAME								
TIME								
ACTIVITY NAME								
TIME								
FRUITS & VEGGIES								
SERVINGS OF WATER								
BONUS POINTS 50 Points each	<input type="checkbox"/> Blood Pressure Screening <input type="checkbox"/> Blood Glucose Check <input type="checkbox"/> Cholesterol Screening <input type="checkbox"/> Blood Donation <input type="checkbox"/> OTHER _____							
These are the only accepted exercises:	Aerobics (class or video) Bicycling (outdoors) Cardio Workout Circuit Training / Curves Elliptical	Free Weights Hiking Jogging Judo/Karate/Martial Arts Pilates	Racquetball Rowing Running Skating (Roller/Inline) Skiing	Spinning Class StairMaster Stationery Bike Swimming Tennis	Ultimate Frisbee Volleyball Yoga Zumba	GENERAL NOTES:		

PLAYER SIGNATURE: _____