



**WELLNESS CHALLENGE**  
SPRING 2016

PLAYER NAME: \_\_\_\_\_ TEAM NAME: \_\_\_\_\_

**POINT SYSTEM:** 1,000 Steps = 1 Point

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
<b>TOTAL STEPS</b>								
<b>ACTIVITY NAME</b>								
TIME								
<b>ACTIVITY NAME</b>								
TIME								
<b>ACTIVITY NAME</b>								
TIME								
<b>ACTIVITY NAME</b>								
TIME								
<b>ACTIVITY NAME</b>								
TIME								
<b>FRUITS &amp; VEGGIES</b>								
ENTER SERVINGS								
<b>WATER</b>								
ENTER SERVINGS								
<b>BONUS POINTS</b>								
<b>GENERAL NOTES:</b>								