

# 2020 WELLNESS CHALLENGE POINTS TRACKER

WEEK: \_\_\_\_\_ BUILDING: \_\_\_\_\_

NAME: \_\_\_\_\_ GRADE: \_\_\_\_\_



CATEGORIES	1	2	3	4	5	6	7
<b>Nutrition:</b>							
<b>Hydration:</b>							
<b>Exercise:</b>							
<b>Stress Management:</b>							
<b>Social:</b>							
<b>Total:</b>							

## Wellness Categories

**Nutrition:** Every serving of fruit and/or vegetable (1/2 cup = 1 serving). Every wrap or salad consumed from the cafeteria = 1 point

**Hydration:** Every 8 ounces of water you drink = 1 point (example: 64 ounces of water = 8 points)

**Exercise:** Every 30 minutes of moderate activity = 2 points

**Stress Management:** Meditation, yoga, spiritual group (for every hour you read a book, meditate, do yoga or attend church/spiritual group = 1 point)

**Social:** Post a selfie of your wellness journey and inspire others to do their best using the #cswellnesschallenge = 1 point per day for a positive post using the hashtag