


Shape Up Challenge Tracking Form

Name: _____

Give yourself one ✓ for each wellness activity you complete each day

Week	1							2							3							4							5							6						
Days	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S
Eat 5																																										
Sleep 7																																										
Take 10																																										
Move 30																																										
4 Others																																										
Total Weekly Points: Each  equals 10 points	_____ Points Maximum 350							_____ Points Maximum 350							_____ Points Maximum 350							_____ Points Maximum 350							_____ Points Maximum 350							_____ Points Maximum 350						
Weekly Bonus Points: One weekly activity is 10 points	_____ Points Maximum 10							_____ Points Maximum 10							_____ Points Maximum 10							_____ Points Maximum 10							_____ Points Maximum 10							_____ Points Maximum 10						
Weekly Grand Total:	_____ Points Maximum 360							_____ Points Maximum 360							_____ Points Maximum 360							_____ Points Maximum 360							_____ Points Maximum 360							_____ Points Maximum 360						

Weekly Bonus Activity: Earn an extra 10 points per week by completing one of the activities on the reverse side.

Ideas for Daily Wellness Activities by Category:



EAT 5

Eat 5 servings of fruits and vegetables each day. Make smoothies with frozen fruit. Add vegetables to soups, salads and pastas. Eat dried fruit, raw veggies or have a glass of fruit or vegetable juice.



SLEEP 7

Get at least 7 hours of sleep each night. Your body will thank you. Maintain a regular bed and wake time schedule and create a sleep-conducive environment.



TAKE 10

Take time to relax at least 10 minutes every day. Read, meditate, hike, stretch, do yoga, listen to music, etc.



MOVE 30

Exercise for 30 minutes each day with an activity of your choice: walk, bike, jog, swim, dance, etc.



4 OTHERS

Do one random act of kindness each day for someone at your workplace, community or home. It can be for an adult, child, animal or the environment.

MEDICA.

Bonus Activities

Bonus activities are an opportunity to earn an extra 10 points each week. Complete the weekly activities below.

Record a check ✓ in the bonus activity section of your tracking form.

Week 1

Write a positive note.

Write a note of encouragement or thoughtfulness to a family, friend or co-worker and share it with them this week.

Week 2

Try a new recipe.

Search your cookbooks and try a new healthy recipe. Share the recipe if you liked it!

Week 3

Relax for 10 minutes before going to bed.

Spend quiet time before bed so you can fall asleep easier. Try meditation, relaxation, breathing exercises or taking a warm bath. Share your results with someone!

Week 4

Stretch for five.

During each workday, take five minutes to stretch. Tension due to stress may be relieved through stretching. Stretching can also help improve your circulation.

Week 5

Mix it up and try a new type of exercise.

One day this week, exercise in a new way. Try going on a treadmill, riding a bike, swimming laps at a community pool, or going out for a walk.

Week 6

Journal your next step.

Write about an accomplishment you had in participating in the Shape Up Challenge or a goal of what your plan is to keep going after the challenge ends. Journaling and writing down your goals and accomplishments can be very powerful.