

# Healthy Challenge Journal and Points Tracker

## Instructions

The Weekly Points Tracker tab in this worksheet has everything you need to track points for this year's Healthy Challenge. It also contains a place to keep your initial reflections and weekly journal notes. The journal is a private document and you will not be asked to share these notes with anyone.

After loading this worksheet from the web, you should save it to a private location where you will be accessing it during the 12 week Challenge.

Paper copies of this journal and weekly points tracker are available by printing it from a file or by e-mailing us at: [healthychallenge@fhcrc.org](mailto:healthychallenge@fhcrc.org)

## Healthy Challenge Journal and/or Personal Fitness Goal

If you are not a regular exerciser (see definition below), you are encouraged to keep a very straightforward health journal in place of establishing a goal. To get the maximum number of points, you are only required to make note of some initial reflections and then complete a weekly journal entry throughout the Challenge. This option does not require that you meet a particular goal, but that you make a good-faith effort at working on realistic health goals that you establish and/or modify throughout the Challenge event.

If you are a *regular exerciser*\* or you do not want to do the journal, you must set a health related goal that addresses an important area for improvement. This year the goal should be measurable in four week increments. Instead of claiming the points at the end of the Challenge, you claim 10 points for every 4-week period in which you met your goal.

\* *Regular Exercisers* are defined as those who, prior to the challenge, usually exercised at least 30 minutes, three times a week.

## Initial Reflections and Planning

### Questions for Reflection

*From a health perspective, physical and mental, am I on the path I want to travel?*

*What are my long term health issues likely to be if I make no changes?*

*What would it mean to me to have a better health profile?*

*Please write answers to the following questions:*

*What would success look like for me? And/or what are my long-term goals?*

*What are my goals for this year?*

*What are my 12 week Challenge goals? - No more than three.* (Please note that if you are keeping a journal, and you have not been a regular exerciser, you are not required to meet these goals to receive the points. However, you should keep them in view as you reflect on how things are going on a weekly basis. You may also add, delete or modify any of this information at any time.)

*Other notes:*

# Journal and Personal Points Tracking Worksheet

## Week 1 - Runs from 1/22 through 1/28

What are my specific plans/goals for this week?

**Complete green cells below**      **Yellow cells should calculate automatically**

For questions regarding definitions and maximum points see: [Healthy Habits 2007](#)

Place one point in each cell if appropriate

Physical Activity	M	T	W	T	F	S	S
Exercise 15 min.							
Exercise 15 min.							
Exercise 15 min.							
Exercise 15 min.							

Indicate Y or leave cell blank

Mental Health	M	T	W	T	F	S	S
15 min. Stress Break/Mental Rejuvenation							

Indicate Y or leave cell blank

Nutrition	M	T	W	T	F	S	S
Healthy Breakfast							
5+ Fruit & Veg.							
1+ Whole Grain							
Calcium							

Indicate Y or leave cell blank

General Health	M	T	W	T	F	S	S
Floss & Brush							
Slept 7+ Hrs							
Alcohol/Sweetened Drink <=1							

Point Criteria	Points
<i>Exercise max. 18 pts.</i>	
1 point /15 min.	0
<b>Physical Activity</b>	<b>0</b>
<b>Maximum of 5 pts/week</b>	
1 point/day	0
<b>Mental Health</b>	<b>0</b>
<b>If six or more days:</b>	
Take 2 points	0
Take 4 points	0
Take 2 points	0
Take 2 points	0
<b>Total Nutrition</b>	<b>0</b>
<b>If six or more days:</b>	
Take 1 points	0
Take 2 points	0
Take 2 points	0
<b>Total General</b>	<b>0</b>

**When the week is finished, report this total score to your Team Captain: 0**

How did it go? (What went well and what needs more attention next week?)

If there were some problems or obstacles this week, try identifying some practical solutions and build them into next week's plan.

## Journal and Personal Points Tracking Worksheet

**Week 2 - Runs from 1/29 through 2/4**

What are my specific plans/goals for this week?

**Complete green cells below**

**Yellow cells should calculate automatically**

For questions regarding definitions and maximum points see: [Healthy Habits 2007](#)

Place one point in each cell if appropriate

Physical Activity	M	T	W	T	F	S	S
Exercise 15 min.							
Exercise 15 min.							
Exercise 15 min.							
Exercise 15 min.							

Indicate Y or leave cell blank

Mental Health	M	T	W	T	F	S	S
15 min. Stress Break/Mental Rejuvenation							

Indicate Y or leave cell blank

Nutrition	M	T	W	T	F	S	S
Healthy Breakfast							
5+ Fruit & Veg.							
1+ Whole Grain							
Calcium							

Indicate Y or leave cell blank

General Health	M	T	W	T	F	S	S
Floss & Brush							
Slept 7+ Hrs							
Alcohol/Sweetened Drink <=1							

Point Criteria	Points
<i>Exercise max. 18 pts.</i>	
1 point /15 min.	0

**Physical Activity 0**

**Maximum of 5 pts/week**

1 point/day 0

**Mental Health 0**

**If six or more days:**

Take 2 points 0

Take 4 points 0

Take 2 points 0

Take 2 points 0

**Total Nutrition 0**

**If six or more days:**

Take 1 points 0

Take 2 points 0

Take 2 points 0

**Total General 0**

**When the week is finished, report this total score to your Team Captain: 0**

How did it go? (What went well and what needs more attention next week?)

If there were some problems or obstacles this week, try identifying some practical solutions and build them into next week's plan.

## Journal and Personal Points Tracking Worksheet

### Week 3 - Runs from 2/5 through 2/11

What are my specific plans/goals for this week?

Complete green cells below

Yellow cells should calculate automatically

For questions regarding definitions and maximum points see: [Healthy Habits 2007](#)

Place one point in each cell if appropriate

Physical Activity	M	T	W	T	F	S	S
Exercise 15 min.							
Exercise 15 min.							
Exercise 15 min.							
Exercise 15 min.							

Indicate Y or leave cell blank

Mental Health	M	T	W	T	F	S	S
15 min. Stress Break/Mental Rejuvenation							

Indicate Y or leave cell blank

Nutrition	M	T	W	T	F	S	S
Healthy Breakfast							
5+ Fruit & Veg.							
1+ Whole Grain							
Calcium							

Indicate Y or leave cell blank

General Health	M	T	W	T	F	S	S
Floss & Brush							
Slept 7+ Hrs							
Alcohol/Sweetened Drink <=1							

Point Criteria	Points
<i>Exercise max. 18 pts.</i>	
1 point /15 min.	0

**Physical Activity 0**

**Maximum of 5 pts/week**

1 point/day 0

**Mental Health 0**

**If six or more days:**

Take 2 points 0

Take 4 points 0

Take 2 points 0

Take 2 points 0

**Total Nutrition 0**

**If six or more days:**

Take 1 points 0

Take 2 points 0

Take 2 points 0

**Total General 0**

When the week is finished, report this total score to your Team Captain:

**0**

How did it go? (What went well and what needs more attention next week?)

If there were some problems or obstacles this week, try identifying some practical solutions and build them into next week's plan.

## Journal and Personal Points Tracking Worksheet

**Week 4 - Runs from 2/12 through 2/18**

What are my specific plans/goals for this week?

**Complete green cells below**

**Yellow cells should calculate automatically**

For questions regarding definitions and maximum points see: [Healthy Habits 2007](#)

Place one point in each cell if appropriate

Physical Activity	M	T	W	T	F	S	S
Exercise 15 min.							
Exercise 15 min.							
Exercise 15 min.							
Exercise 15 min.							

Indicate Y or leave cell blank

Mental Health	M	T	W	T	F	S	S
15 min. Stress Break/Mental Rejuvenation							

Indicate Y or leave cell blank

Nutrition	M	T	W	T	F	S	S
Healthy Breakfast							
5+ Fruit & Veg.							
1+ Whole Grain							
Calcium							

Indicate Y or leave cell blank

General Health	M	T	W	T	F	S	S
Floss & Brush							
Slept 7+ Hrs							
Alcohol/Sweetened Drink <=1							

Point Criteria	Points
<i>Exercise max. 18 pts.</i>	
1 point /15 min.	0

**Physical Activity 0**

**Maximum of 5 pts/week**

1 point/day 0

**Mental Health 0**

**If six or more days:**

Take 2 points 0

Take 4 points 0

Take 2 points 0

Take 2 points 0

**Total Nutrition 0**

**If six or more days:**

Take 1 points 0

Take 2 points 0

Take 2 points 0

**Total General 0**

If you have kept up your journal up-to-date or met your first four-week goal record 10 points: **10**

When the week is finished, report this total score to your Team Captain: **10**

How did it go? (What went well and what needs more attention next week?)

If there were some problems or obstacles this week, try identifying some practical solutions and build them into next week's plan.

## Journal and Personal Points Tracking Worksheet

**Week 5 - Runs from 2/19 through 2/25**

What are my specific plans/goals for this week?

**Complete green cells below**

**Yellow cells should calculate automatically**

For questions regarding definitions and maximum points see: [Healthy Habits 2007](#)

Place one point in each cell if appropriate

Physical Activity	M	T	W	T	F	S	S
Exercise 15 min.							
Exercise 15 min.							
Exercise 15 min.							
Exercise 15 min.							

Indicate Y or leave cell blank

Mental Health	M	T	W	T	F	S	S
15 min. Stress Break/Mental Rejuvenation							

Indicate Y or leave cell blank

Nutrition	M	T	W	T	F	S	S
Healthy Breakfast							
5+ Fruit & Veg.							
1+ Whole Grain							
Calcium							

Indicate Y or leave cell blank

General Health	M	T	W	T	F	S	S
Floss & Brush							
Slept 7+ Hrs							
Alcohol/Sweetened Drink <=1							

Point Criteria	Points
<i>Exercise max. 18 pts.</i>	
1 point /15 min.	0

**Physical Activity 0**

**Maximum of 5 pts/week**

1 point/day 0

**Mental Health 0**

**If six or more days:**

Take 2 points 0

Take 4 points 0

Take 2 points 0

Take 2 points 0

**Total Nutrition 0**

**If six or more days:**

Take 1 points 0

Take 2 points 0

Take 2 points 0

**Total General 0**

**When the week is finished, report this total score to your Team Captain: 0**

How did it go? (What went well and what needs more attention next week?)

If there were some problems or obstacles this week, try identifying some practical solutions and build them into next week's plan.

## Journal and Personal Points Tracking Worksheet

### Week 6 - Runs from 2/26 through 3/4

What are my specific plans/goals for this week?

Complete green cells below

Yellow cells should calculate automatically

For questions regarding definitions and maximum points see: [Healthy Habits 2007](#)

Place one point in each cell if appropriate

Physical Activity	M	T	W	T	F	S	S
Exercise 15 min.							
Exercise 15 min.							
Exercise 15 min.							
Exercise 15 min.							

Indicate Y or leave cell blank

Mental Health	M	T	W	T	F	S	S
15 min. Stress Break/Mental Rejuvenation							

Indicate Y or leave cell blank

Nutrition	M	T	W	T	F	S	S
Healthy Breakfast							
5+ Fruit & Veg.							
1+ Whole Grain							
Calcium							

Indicate Y or leave cell blank

General Health	M	T	W	T	F	S	S
Floss & Brush							
Slept 7+ Hrs							
Alcohol/Sweetened Drink <=1							

Point Criteria	Points
<i>Exercise max. 18 pts.</i>	
1 point /15 min.	0

**Physical Activity 0**

**Maximum of 5 pts/week**

1 point/day 0

**Mental Health 0**

**If six or more days:**

Take 2 points 0

Take 4 points 0

Take 2 points 0

Take 2 points 0

**Total Nutrition 0**

**If six or more days:**

Take 1 points 0

Take 2 points 0

Take 2 points 0

**Total General 0**

When the week is finished, report this total score to your Team Captain:

**0**

How did it go? (What went well and what needs more attention next week?)

If there were some problems or obstacles this week, try identifying some practical solutions and build them into next week's plan.

## Journal and Personal Points Tracking Worksheet

### Week 7 - Runs from 3/5 through 3/11

What are my specific plans/goals for this week?

Complete green cells below

Yellow cells should calculate automatically

For questions regarding definitions and maximum points see: [Healthy Habits 2007](#)

Place one point in each cell if appropriate

Physical Activity	M	T	W	T	F	S	S
Exercise 15 min.							
Exercise 15 min.							
Exercise 15 min.							
Exercise 15 min.							

Indicate Y or leave cell blank

Mental Health	M	T	W	T	F	S	S
15 min. Stress Break/Mental Rejuvenation							

Indicate Y or leave cell blank

Nutrition	M	T	W	T	F	S	S
Healthy Breakfast							
5+ Fruit & Veg.							
1+ Whole Grain							
Calcium							

Indicate Y or leave cell blank

General Health	M	T	W	T	F	S	S
Floss & Brush							
Slept 7+ Hrs							
Alcohol/Sweetened Drink <=1							

Point Criteria	Points
<i>Exercise max. 18 pts.</i>	
1 point /15 min.	0

**Physical Activity 0**

**Maximum of 5 pts/week**

1 point/day 0

**Mental Health 0**

**If six or more days:**

Take 2 points 0

Take 4 points 0

Take 2 points 0

Take 2 points 0

**Total Nutrition 0**

**If six or more days:**

Take 1 points 0

Take 2 points 0

Take 2 points 0

**Total General 0**

When the week is finished, report this total score to your Team Captain:

**0**

How did it go? (What went well and what needs more attention next week?)

If there were some problems or obstacles this week, try identifying some practical solutions and build them into next week's plan.

## Journal and Personal Points Tracking Worksheet

### Week 8 - Runs from 3/12 through 3/18

What are my specific plans/goals for this week?

Complete green cells below

Yellow cells should calculate automatically

For questions regarding definitions and maximum points see: [Healthy Habits 2007](#)

Place one point in each cell if appropriate

Physical Activity	M	T	W	T	F	S	S
Exercise 15 min.							
Exercise 15 min.							
Exercise 15 min.							
Exercise 15 min.							

Indicate Y or leave cell blank

Mental Health	M	T	W	T	F	S	S
15 min. Stress Break/Mental Rejuvenation							

Indicate Y or leave cell blank

Nutrition	M	T	W	T	F	S	S
Healthy Breakfast							
5+ Fruit & Veg.							
1+ Whole Grain							
Calcium							

Indicate Y or leave cell blank

General Health	M	T	W	T	F	S	S
Floss & Brush							
Slept 7+ Hrs							
Alcohol/Sweetened Drink <=1							

Point Criteria	Points
<i>Exercise max. 18 pts.</i>	
1 point /15 min.	0

**Physical Activity 0**

**Maximum of 5 pts/week**

1 point/day 0

**Mental Health 0**

**If six or more days:**

Take 2 points 0

Take 4 points 0

Take 2 points 0

Take 2 points 0

**Total Nutrition 0**

**If six or more days:**

Take 1 points 0

Take 2 points 0

Take 2 points 0

**Total General 0**

If you have kept up your journal up-to-date or met your first four-week goal record 10 points:

When the week is finished, report this total score to your Team Captain: **0**

How did it go? (What went well and what needs more attention next week?)

If there were some problems or obstacles this week, try identifying some practical solutions and build them into next week's plan.

## Journal and Personal Points Tracking Worksheet

### Week 9 - Runs from 3/19 through 3/25

What are my specific plans/goals for this week?

Complete green cells below

Yellow cells should calculate automatically

For questions regarding definitions and maximum points see: [Healthy Habits 2007](#)

Place one point in each cell if appropriate

Physical Activity	M	T	W	T	F	S	S
Exercise 15 min.							
Exercise 15 min.							
Exercise 15 min.							
Exercise 15 min.							

Indicate Y or leave cell blank

Mental Health	M	T	W	T	F	S	S
15 min. Stress Break/Mental Rejuvenation							

Indicate Y or leave cell blank

Nutrition	M	T	W	T	F	S	S
Healthy Breakfast							
5+ Fruit & Veg.							
1+ Whole Grain							
Calcium							

Indicate Y or leave cell blank

General Health	M	T	W	T	F	S	S
Floss & Brush							
Slept 7+ Hrs							
Alcohol/Sweetened Drink <=1							

Point Criteria	Points
<i>Exercise max. 18 pts.</i>	
1 point /15 min.	0

**Physical Activity 0**

**Maximum of 5 pts/week**

1 point/day 0

**Mental Health 0**

**If six or more days:**

Take 2 points 0

Take 4 points 0

Take 2 points 0

Take 2 points 0

**Total Nutrition 0**

**If six or more days:**

Take 1 points 0

Take 2 points 0

Take 2 points 0

**Total General 0**

When the week is finished, report this total score to your Team Captain: **0**

How did it go? (What went well and what needs more attention next week?)

If there were some problems or obstacles this week, try identifying some practical solutions and build them into next week's plan.

## Journal and Personal Points Tracking Worksheet

**Week 10 - Runs from 3/26 through 4/1**

What are my specific plans/goals for this week?

**Complete green cells below**

**Yellow cells should calculate automatically**

For questions regarding definitions and maximum points see: [Healthy Habits 2007](#)

Place one point in each cell if appropriate

Physical Activity	M	T	W	T	F	S	S
Exercise 15 min.							
Exercise 15 min.							
Exercise 15 min.							
Exercise 15 min.							

Indicate Y or leave cell blank

Mental Health	M	T	W	T	F	S	S
15 min. Stress Break/Mental Rejuvenation							

Indicate Y or leave cell blank

Nutrition	M	T	W	T	F	S	S
Healthy Breakfast							
5+ Fruit & Veg.							
1+ Whole Grain							
Calcium							

Indicate Y or leave cell blank

General Health	M	T	W	T	F	S	S
Floss & Brush							
Slept 7+ Hrs							
Alcohol/Sweetened Drink <=1							

Point Criteria	Points
<i>Exercise max. 18 pts.</i>	
1 point /15 min.	0

**Physical Activity 0**

**Maximum of 5 pts/week**

1 point/day 0

**Mental Health 0**

**If six or more days:**

Take 2 points 0

Take 4 points 0

Take 2 points 0

Take 2 points 0

**Total Nutrition 0**

**If six or more days:**

Take 1 points 0

Take 2 points 0

Take 2 points 0

**Total General 0**

**When the week is finished, report this total score to your Team Captain: 0**

How did it go? (What went well and what needs more attention next week?)

If there were some problems or obstacles this week, try identifying some practical solutions and build them into next week's plan.

## Journal and Personal Points Tracking Worksheet

### Week 11 - Runs from 4/2 through 4/8

What are my specific plans/goals for this week?

Complete green cells below

Yellow cells should calculate automatically

For questions regarding definitions and maximum points see: [Healthy Habits 2007](#)

Place one point in each cell if appropriate

Physical Activity	M	T	W	T	F	S	S
Exercise 15 min.							
Exercise 15 min.							
Exercise 15 min.							
Exercise 15 min.							

Indicate Y or leave cell blank

Mental Health	M	T	W	T	F	S	S
15 min. Stress Break/Mental Rejuvenation							

Indicate Y or leave cell blank

Nutrition	M	T	W	T	F	S	S
Healthy Breakfast							
5+ Fruit & Veg.							
1+ Whole Grain							
Calcium							

Indicate Y or leave cell blank

General Health	M	T	W	T	F	S	S
Floss & Brush							
Slept 7+ Hrs							
Alcohol/Sweetened Drink <=1							

Point Criteria	Points
<i>Exercise max. 18 pts.</i>	
1 point /15 min.	0

**Physical Activity 0**

**Maximum of 5 pts/week**

1 point/day 0

**Mental Health 0**

**If six or more days:**

Take 2 points 0

Take 4 points 0

Take 2 points 0

Take 2 points 0

**Total Nutrition 0**

**If six or more days:**

Take 1 points 0

Take 2 points 0

Take 2 points 0

**Total General 0**

When the week is finished, report this total score to your Team Captain:

**0**

How did it go? (What went well and what needs more attention next week?)

If there were some problems or obstacles this week, try identifying some practical solutions and build them into next week's plan.

## Journal and Personal Points Tracking Worksheet

**Week 12 - Runs from 4/9 Through 4/15 (The last week!)**

What are my specific plans/goals for this week?

Complete green cells below

Yellow cells should calculate automatically

For questions regarding definitions and maximum points see: [Healthy Habits 2007](#)

Place one point in each cell if appropriate

Physical Activity	M	T	W	T	F	S	S
Exercise 15 min.							
Exercise 15 min.							
Exercise 15 min.							
Exercise 15 min.							

Indicate Y or leave cell blank

Mental Health	M	T	W	T	F	S	S
15 min. Stress Break/Mental Rejuvenation							

Indicate Y or leave cell blank

Nutrition	M	T	W	T	F	S	S
Healthy Breakfast							
5+ Fruit & Veg.							
1+ Whole Grain							
Calcium							

Indicate Y or leave cell blank

General Health	M	T	W	T	F	S	S
Floss & Brush							
Slept 7+ Hrs							
Alcohol/Sweetened Drink <=1							

Point Criteria	Points
<i>Exercise max. 18 pts.</i>	
1 point /15 min.	0

**Physical Activity 0**

**Maximum of 5 pts/week**

1 point/day 0

**Mental Health 0**

**If six or more days:**

Take 2 points 0

Take 4 points 0

Take 2 points 0

Take 2 points 0

**Total Nutrition 0**

**If six or more days:**

Take 1 points 0

Take 2 points 0

Take 2 points 0

**Total General 0**

If you have kept up your journal up-to-date or met your final four-week goal record 10 points:

Take 2 points per Healthy Challenge event you participated in (maximum 5 events / 10 Points)

**When the week is finished, report this total score to your Team Captain: 0**

How did it go? (What went well and what needs more attention over the next nine months?)

# Congratulations!!!!

# 2007 Healthy Challenge

## Challenge Events Tracker

Participant Name: \_\_\_\_\_

Team Name: \_\_\_\_\_

<b>Event Name</b>	<b>Date</b>	<b>Location</b>	<b>Points</b>

- Attend a minimum of 5 out of the 10 scheduled events and get the maximum 10 points for this category.
- Record points at the end of the 12-week Challenge.