TRI-COUNTY REGIONAL SCHOOL BOARD – 2008 WELLNESS CHALLENGE POINTS SHEET

	Aerobic Activity (30 minute Minimum)	New form of exercise (30 minute minimum)	Strength Training (30 minute minimum)	Yoga or Stretching (20 minute minimum)	Eat 5 servings of fruits and vegetables	No junk food for 24 hours	Attend a Wellness Seminar or Info Session	Take time for yourself	Smokers - No smoking for 24 hours	Non Smokers – No smoking for 24 hours	No alcoholic beverages for 24 hours	1 hour of Community Service	Participation in an organized team activity (1 hour minimum)	7 hours of Continuous Sleep	Relaxation or Meditation Exercise (30 minute minimum)	Doctors Visit or Yearly Exam	First Aid or Safety Training (5 hour minimum)
	10 pts	**20 pts**	**10 pts**	**10 pts**	**10 pts**	**20 pts**	**30 pts**	**10 pts**	**50 pts**	**10 pts**	**10 pts**	**20 pts**	**20 pts**	**20 pts**	**20 pts**	**50 pts**	**30 pts**
DATE																	
MON																	
TUES																	
WED																	
THUR																	
FRI																	
SAT																	
SUN																	
TOTAL																	

WEEKLY GRAND TOTAL POINTS Please return to Team Leader on the following **MONDAY**

Name: **Total Points:**

WEEK ENDING MARCH 9, 2008