Use this point tracking form to keep a log of your points throughout the week. You will still need to log your points online for the week by **Tuesday at noon** @ <http://www.emporia.edu/recsport/events/fitness-challenge.html>

\*\*All activities are worth 1 point per WEEK unless otherwise noted.

 **M T W Th F Sa Su PHYSICAL**

[ ]  [ ]  [ ]  [ ]  [ ]  [ ]  [ ]  45 minutes of continuous MODERATE physical activity

or 30 minutes VIGOROUS physical activity ( 1pt per day)

[ ]  [ ]  [ ]  [ ]  [ ]  [ ]  [ ]  Attend a group fitness class (5 points)

[ ]  [ ]  [ ]  [ ]  [ ]  [ ]  [ ]  Stretch at least 15 min at least 5 days this week

 **M T W Th F Sa Su NUTRITION**

[ ]  [ ]  [ ]  [ ]  [ ]  [ ]  [ ]  Drank 6 or more 8 oz servings of water (5 pt/week)

[ ]  [ ]  [ ]  [ ]  [ ]  [ ]  [ ]  Eat a healthy breakfast everyday

[ ]  [ ]  [ ]  [ ]  [ ]  [ ]  [ ]  Try a new, healthy food or recipe

[ ]  [ ]  [ ]  [ ]  [ ]  [ ]  [ ]  Drink 4 or fewer alcoholic beverages per week

 **M T W Th F Sa Su SOCIAL & INTELLECTUAL**

[ ]  [ ]  [ ]  [ ]  [ ]  [ ]  [ ]  Attend an ESU event (speaker, athletic event, concert, etc.) (5 points)

[ ]  [ ]  [ ]  [ ]  [ ]  [ ]  [ ]  I turned off or refrained from using my phone or device in the

company of others this week

[ ]  [ ]  [ ]  [ ]  [ ]  [ ]  [ ]  I read for pleasure for at least 30 minutes this week- Not

including reading required by school or work

[ ]  [ ]  [ ]  [ ]  [ ]  [ ]  [ ]  Tried one new activity, event, or behavior that stretches your

comfort zone this week

**M T W Th F Sa Su EMOTIONAL & SPIRITUAL**

[ ]  [ ]  [ ]  [ ]  [ ]  [ ]  [ ]  I slept at least 7 hours each night this week

[ ]  [ ]  [ ]  [ ]  [ ]  [ ]  [ ]  I participated in deep breathing, self-meditation, reflection, or this week

[ ]  [ ]  [ ]  [ ]  [ ]  [ ]  [ ]  Practiced compassion towards yourself/others

[ ]  [ ]  [ ]  [ ]  [ ]  [ ]  [ ]  I expressed gratitude to at least one person in my life this week

[ ]  [ ]  [ ]  [ ]  [ ]  [ ]  [ ]  I took at least 30 minutes to manage stress this week

**M T W Th F Sa Su FINIANCIAL & OCCUPATIONAL**

[ ]  [ ]  [ ]  [ ]  [ ]  [ ]  [ ]  Kept an organized work space

[ ]  [ ]  [ ]  [ ]  [ ]  [ ]  [ ]  Used at least one resource (weekly sales, coupons etc) for saving on groceries, cleaning supplies or other essentials this week

[ ]  [ ]  [ ]  [ ]  [ ]  [ ]  [ ]  Make a list before shopping, stick to it and limit trips to the store

[ ]  [ ]  [ ]  [ ]  [ ]  [ ]  [ ]  Created a budget and stayed within it this week