Track your Healthy Living Points
Earn 100 points per month and enter a drawing for prizes

Earn points for the month: _____
Month/Year

Wellness Ideas (1 point per day)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Stress reduction:																															
Sleeping eight hours or more																															
Meditate																															
Drink 8 glasses of water																															
Stretching - 10 min.																															
Eat home cooked meal with T.V./computer /phone off																															
Good food choices																															
5 or more fruits/veggies per day																															
No sugar for a day																															
No soda for a day																															
No fast food for a day																															
Take multivitamin or other supplement																															
Exercise																															
Outside activity - Yardwork/gardening - 30 min.																															
Choose the stairs (avoid elevator or escalator)																															
Exercise of any kind - 30 min.																															
Attend class - Yoga/Curves/etc.																															
Improve your eating out choices																															
Choose salad or veggie instead of fries																															
Split a meal with someone (when eating out)																															
Educate yourself																															
Read article about some health topic																															
Write down all Food Eaten for one day																															
Attend Weight-watchers class, or other informative/motivating talk																															
Total for the day																															

week 1 total: ☐ week 2 total: ☐ week 3 total: ☐ week 4 total: ☐ end total: ☐

One time 10-point options:

Talk to your Doctor about smoking cessation
Meet with a personal trainer
Attend a retreat
Spa day!

total for all days: ☐

10-point options: ☐ ☐ ☐

total for 1-time options: ☐

date: _____ date: _____ date: _____

action: _____ action: _____ action: _____

Grand Total: ☐