

Name: _____
 Team: _____
 Email Address: _____
 Week Beginning: _____



Starts October 4, 2010

	Daily Max	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Healthy Eating Points ¹	40							
Exercise Points ²	25							
Tracking Points ³	10							
Water Points ⁴	15							
Sleep Points ⁵	10							
Total Weekly Points Earned <i>Maximum of 700 points/week</i>								

Weekly Point Bonuses	
Wellness Education Points:	
Bonus Question Points:	
Transformation Points	

Total Weekly Bonus Points Earned

A Perfect Day is Worth 100 points!!!

Bonus Question Answer: _____

Comments always appreciated: _____

***Everyone can participate, whether you want to lower or maintain your healthy BMI. There will be a separate prize for those that are in the normal BMI range and achieves the highest point value. Only one prize can be won per person. In order to be eligible in the category of maintenance, you must be within normal BMI limits throughout the contest.

A Perfect Day is Worth 100 points!!!

¹ **40 Healthy Eating Points:** You receive 40 points for each day that you meet your healthy eating goals. 10 points for a healthy breakfast; 10 points for a healthy lunch; 10 points for a healthy dinner and 5 points for each of 2 two healthy snacks daily. You are on your honor. If you eat an unhealthy snack during the day, simply do not award yourself 5 points.

² **25 Exercise Points:** You earn exercise points by doing some form of exercise for 30 minutes per day.

³ **10 Tracking Points:** You earn 10 points for each day that you track your minutes on Stay Active Howard County.

⁴ **15 Water Points:** 64 ounces of water daily. (8 glasses of water)

⁵ **10 Sleep Points:** You earn your sleep points by sleeping a minimum of seven hours a night.

Bonus Points:

5 Wellness Education Points: Respond back that you received the weekly SAHC communication and receive an easy 5 point bonus.

5 Bonus Question Points: Each week, there will be a link to a wellness related site. If you take the time to check it out and email us the answer to the easy bonus question, you will earn 5 more points!

TRANSFORMATION POINTS: In any week that you drop 1% off your BMI you will earn a 5% bonus on your total points for that week! Transformation points are added on after totaling all other daily and weekly points. With approval, a different transformation goal can be selected, (i.e., smoking, drinking, etc.)