

Name: _____

Grade/Class: _____

Blythe Park Wellness Wednesday

October 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Time: _____ Activity: _____ Points: _____
Time: _____ Activity: _____ Points: _____	3 Time: _____ Activity: _____ Points: _____	4 Time: _____ Activity: _____ Points: _____	5 Time: _____ Activity: _____ Points: _____	6 Time: _____ Activity: _____ Points: _____	7 Time: _____ Activity: _____ Points: _____	8 Time: _____ Activity: _____ Points: _____
Time: _____ Activity: _____ Points: _____	10 Time: _____ Activity: _____ Points: _____	11 Time: _____ Activity: _____ Points: _____	12 Time: _____ Activity: _____ Points: _____	13 Time: _____ Activity: _____ Points: _____	14 Time: _____ Activity: _____ Points: _____	15 Time: _____ Activity: _____ Points: _____
6 Time: _____ Activity: _____ Points: _____	17 Time: _____ Activity: _____ Points: _____	18 Time: _____ Activity: _____ Points: _____	19 Time: _____ Activity: _____ Points: _____	20 Time: _____ Activity: _____ Points: _____	21 Time: _____ Activity: _____ Points: _____	22 Time: _____ Activity: _____ Points: _____
3 Time: _____ Activity: _____ Points: _____	24 Time: _____ Activity: _____ Points: _____	25 Time: _____ Activity: _____ Points: _____	26 Time: _____ Activity: _____ Points: _____	27 Time: _____ Activity: _____ Points: _____	28 Time: _____ Activity: _____ Points: _____	29 Time: _____ Activity: _____ Points: _____
0 Time: _____ Activity: _____ Points: _____	31 Time: _____ Activity: _____ Points: _____					

- Bonus Points (Win up to 5 for meeting the challenges below. Make only one point for each achievement)**
1. Try the healthy recipe of the month _____
 2. Try a new sport or exercise _____
 3. Ride your bike to the library _____
 4. Have fruit instead of dessert for one week _____
 5. Take a nature hike _____

Instructions: Take 1 point for each 30 minutes of exercise. (e.g. 30 min – 1 point; 60 min – 2 point; 90 min – 3 point) You may earn up to 5 bonus point if you meet the extra challenges. This year, there are no bonus points for exercising with your family.

Total Activity Points: _____

Total Bonus Points: _____

Total Points: _____