

<b>Name:</b>		<b>Grade/Class:</b>	
<b>Blythe Park Wellness Wednesday</b>		<b>December 2011</b>	
Date	Activity	Time	Points
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
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23			
24			
25			
26			
27			
28			
29			
30			
31			

**Bonus Points (Win up to 5 for meeting the challenges below.**

**Take only one point for each achievement)**

1. Try the healthy recipe of the month \_\_\_\_\_
2. Try a new sport or exercise \_\_\_\_\_
3. Take a walk and look at all the holiday lights \_\_\_\_\_
4. Eat a fruit every day \_\_\_\_\_
5. Help your parents put up holiday decorations \_\_\_\_\_

Total Activity Points: \_\_\_\_\_

Total Bonus Points: \_\_\_\_\_

Total Points: \_\_\_\_\_

**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.