The Bulldog Challenge Tracking Sheet

November

Name/Teacher: ____

Welness Goal: ____

Tracking Sheet Instructions:

1. Enter date of activity.
2. Place number of activity completed in activity box. See activity guide below.
3. Circle activity length in minutes. Fill-in shaded box if more than 120 minutes.
4. Enter in Activity Points.
5. Enter an "X" in column if exercised with family member or friend.
6. Enter one point if "X" denoted in number 5.
7. Enter total points.
8. Complete daily. Return by the first Wednesday of month to student's classroom.

Date	Activity Category Number	Circle Activity Length (Minutes)					Activity Points	"X" if exercised with family member or friend.	1 Bonus Point if "X" checked	Total Points
		30/1 pt.	60/2 pts.	90/3 pts.	120/4pts.					
		30/1 pt.	60/2 pts.	90/3 pts.	120/4pts.					
		30/1 pt.	60/2 pts.	90/3 pts.	120/4pts.					
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		30/1 pt.	60/2 pts.	90/3 pts.	120/4pts.					
		30/1 pt.	60/2 pts.	90/3 pts.	120/4pts.					
		30/1 pt.	60/2 pts.	90/3 pts.	120/4pts.					
		30/1 pt.	60/2 pts.	90/3 pts.	120/4pts.					

Monthy miminum goal = 24 points. Monthly maximum goal=32 points. Total ______

Activity Categories:

- **1 Team Sports**
- **2 Individual Sports**
- **3 Outside**
- **4 Dance**
- **5 Other**