

Name: _____

Grade/Class: _____

Blythe Park Wellness Wednesday

November 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Time: _____ Activity: _____ Points: ____	2 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: ____	9 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: ____	16 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: ____	23 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: ____	30 Time: _____ Activity: _____ Points: ____			

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. Rake leaves for your parents _____
4. Have a vegetable everyday _____
5. Take a nature walk with your family _____

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: _____