

Name:		Grade/Class:	
Blythe Park Wellness Wednesday		November 2011	
Date	Activity	Time	Points
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
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22			
23			
24			
25			
26			
27			
28			
29			
30			

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 you parents _____
4. Eat a vegetable every day _____
5. Take a nature hike with your family _____

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.