Wellness Challenge 2024

Weekly Journal

Week:	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Max points/week	Weekly points
NUTRITION:								_	
Fill half your plate with vegetables and/or fruit /day (2)								2 x 7 days = 14	0
Choose at least one plant-based protein food/day (2)								2 x 7 days = 14	0
Choose at least one whole grain/day (2)								2 x 7 days = 14	0
Enjoy at least one technology free meal/day (2)								2 x 7 days = 14	0
WATER:									
6 cups 1 cup = 1 point								6 x 7 days = 42	0
SLEEP:									
7 hours 1 hour = 1 point								7 x 7 days = 49	0
PHYSICAL ACTIVITY:								_	
Accumulate at least 150 minutes of moderate to								75	0
vigorous physical activity/week 10 minutes = 5 points								_	
EDUCATIONAL CHALLENGE:								_	
Join the weekly zoom meeting or watch the recorded								10	0
meeting later (10)								_	
WEEKLY CHALLENGE:									
Each week there will be a challenge to participate in (10)]10	0
TOTALS FOR EACH DAY:								TOTAL/WEEK 242	0
IOTALOTON LACITUAT.								J. O. AL, WEEK 242	0