

2021 WELLNESS CHALLENGE POINTS TRACKER

WEEK: _____ BUILDING: _____

NAME: _____ GRADE: _____



CATEGORIES	1	2	3	4	5	6	7
Nutrition:							
Hydration:							
Exercise:							
Stress Management:							
Social:							
Total:							

Wellness Categories

Nutrition: Every serving of fruit and/or vegetable (1/2 cup = 1 serving). Every wrap or salad consumed from the cafeteria = 1 point

Hydration: Every 8 ounces of water you drink = 1 point (example: 64 ounces of water = 8 points)

Exercise: Every 30 minutes of moderate activity = 2 points

Stress Management: Meditation, yoga, spiritual group (for every hour you read a book, meditate, do yoga or attend church/spiritual group = 1 point)

Social: Post a selfie of your wellness journey and inspire others to do their best using the #cswellnesschallenge = 1 point per day for a positive post using the hashtag