

WELLNESS CHALLENGE Weekly Point Chart - Please return to Wellness Center every Monday or email sheets to rachel.schlauch@go.winona.edu

ACTIVITY	POINTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
Aerobic Activity (≥30 min)	1 pt.								
New/Different Aerobic Activity (≥30 min)	2pt.								
Strength Training (>30 min)	1 pt.								
Yoga/Stretching	1 pt.								
Session w/ Personal Trainer at IWC	2 pt.								
Eat Healthy (3 servings Veggie & 2 serving fruit)	1 pt.								
Drink 8 oz Water (≥8 times)	2 pt.								
No Smoking for 24 Hours	1 pt/day								
No alcoholic drinks for 24 Hours	1 pt/day								
Meditation (>30 min)	1 pt/day								
Intramural Activity (sport event/class)	1 pt.								
Continuous Sleep (≥7 hours)	2 pt.								
Attend WSU Sponsored Event (athletic/concert)	2 pt.								
Community Service	3 pt/day								
Dr. visit, Yearly Health Exam	5 pt.								
Attend a "Technique Tuesday" or a "Wellness Wednesday"	2 pt.								

NAME: _____

TEAM NAME: _____

Point Total _____