Wellness Challenge
Activity Tracking Form

Day/Date	Activity	Duration	Total Points

Types of activities

Physical Activities
Aerobics
Boxing
Calisthenics
Cardio Machines
Circuit Training
Cross Country Skiing
Cycling
Hiking/Backpacking
Jumping rope
Landscaping
Lawn Mowing
Gardening
Martial Arts
Pilates
Roller Blading
Skating
Running/Jogging
Swimming
Walking
Weight Training
Yoga

Wellness Activities
Baseball
Basketball
Badminton
Bowling
Canoeing
Dancing
Field Hockey
Frisbee
Football
Golf
Handball
Hockey
Lacrosse
Racquetball
Rugby
Softball
Tennis
Volleyball

Games and Recreation
Active Living Every Day
Healthy Eating Every Day
CPR/ First Aid Course
Activity Classes
Health Fairs
Wellness Seminars
Weight Watchers
Smoking Cessation

Rules
*For each hour you spend doing one of the above listed activities, you get **5** wellness points.
*This is honor system tracking, so be honest!