

March 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			28 BMI	1	2	3
Points						
Descripti						
4	5	6	7	8	9	10
Points						
Descripti						
11	12	13	14	15	16	17
Points						
Descripti						
18	19	20	21	22	23	24
Points						
Descripti						
25	26	27	28	29	30	31 BMI
Points						
Descripti						

Blood Pressure _____
 Resting Heart Rate _____

Fitness Point Chart

<u>Activity</u>	<u>Duration/Distance</u>	<u>Points</u>
Run/Walk/Jog/ (Skip?)...	1 mile	1
Ride bicycle.....	2 miles	1
Swim.....	*1/4 mile	1
Rollerblade/skate.....	20 minutes	1
Exercise Machine..... (Rowing, bicycle, Stair-master, Nordic Track, Elliptical, etc.)	15 minutes	1
Jump Rope.....	5 minutes	1
Active Sport..... (Basketball, soccer, etc.)	15 minutes	1
Recreation Sport..... (golf, tennis, softball, volleyball, etc.)	30 minutes	1
Weight lifting.....	20 minutes	1
Individual Workout..... (Stretching, exercises, etc.)	30 minutes	1
Exercise Class..... (Spinning, aerobics, etc)	20 minutes	1
Yoga/Pilates.....	30 minutes	1
Yard Work.....	1 hour	1
Sustained housework.....	1 hour	1
	*18 lengths of 25 yd. pool	
 <u>Diet/Health</u>		
No caffeine	One day	1
No sugar (extrinsic) (Sodas, desserts, candy, etc.)	One day	1
Drink water (64 oz. /8 glasses)	One day	1
Eat fruits/vegetables (Five servings)	One day	1
 <u>Misc.</u>		
Read wellness articles (1000 words minimum)	Max: five/week	1 point per article
Blood Pressure Test	One time	4
Check Resting Heart Rate	One time	2