

Live Well Challenge - Eat Smart Point Tracking Worksheet

Week 2: July 21 - July 27

For definitions and maximum points see: [How to Earn Points](#)

Complete green cells below **Yellow cells should calculate automatically**

Place points in each cell if appropriate

Point Criteria

Eat Smart	M	T	W	T	F	S	S	Points	
Healthy Breakfast								0	Eat Smart - 30 points weekly max 1 point daily
2 1/2 cups vegetables								0	
2 cups fruit								0	
3 oz of whole grains								0	
Visit Farmers Market or Healthier Vending Machine Snack								0	
Stress Less									Stress Less - 7 points weekly max
Stress reduction for 15min.								0	1 point daily
General Health									General Health - 21 points weekly max
Floss & Brush								0	1 point daily
Slept 7+ Hours								0	1 point daily
8-8oz glass of water								0	1 point daily
Worksite Health Promotion									Worksite Health Promotion - 5 points weekly max
								0	5 points weekly
When the week is finished, report this total score to your Team Captain:									0