

HEALTHY HORNET

Use this point tracking form to keep a log of your points throughout the week. You will still need to [log your points online](http://www.emporia.edu/recsport/events/fitness-challenge.html) for the week by **Tuesday at noon** @ <http://www.emporia.edu/recsport/events/fitness-challenge.html>

**All activities are worth 1 point per WEEK unless otherwise noted.

M T W Th F Sa Su

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

PHYSICAL

45 minutes of continuous MODERATE physical activity
or 30 minutes VIGOROUS physical activity (1pt per day)

Attend a group fitness class (5 points)

Stretch at least 15 min at least 5 days this week

M T W Th F Sa Su

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

NUTRITION

Drank 6 or more 8 oz servings of water (5 pt/week)

Eat a healthy breakfast everyday

Try a new, healthy food or recipe

Drink 4 or fewer alcoholic beverages per week

M T W Th F Sa Su

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

SOCIAL & INTELLECTUAL

Attend an ESU event (speaker, athletic event, concert, etc.) (5 points)

I turned off or refrained from using my phone or device in the
company of others this week

I read for pleasure for at least 30 minutes this week- Not
including reading required by school or work

Tried one new activity, event, or behavior that stretches your
comfort zone this week

M T W Th F Sa Su

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

EMOTIONAL & SPIRITUAL

I slept at least 7 hours each night this week

I participated in deep breathing, self-meditation, reflection, or this week

Practiced compassion towards yourself/others

I expressed gratitude to at least one person in my life this week

I took at least 30 minutes to manage stress this week

M T W Th F Sa Su

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

FINIANCIAL & OCCUPATIONAL

Kept an organized work space

Used at least one resource (weekly sales, coupons etc) for saving on
groceries, cleaning supplies or other essentials this week

Make a list before shopping, stick to it and limit trips to the store

Created a budget and stayed within it this week