

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](#) for the week by **Tuesday at noon** on the link sent weekly via email. ****All activities are worth 1 point per WEEK unless otherwise noted.****

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PHYSICAL

45 minutes of continuous MODERATE physical activity or 30 minutes of VIGOROUS physical activity (1pt per day)
 Attend a group fitness class / completed a challenge on 2020RecreationMovement.com (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 every day (5 pt/week)
 Ate a healthy breakfast everyday
 Try a new, healthy food or recipe
 Drank 4 or fewer alcoholic beverages per week

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SOCIAL & INTELLECTUAL

Contacted and / or communicated with 3 connections. This can include family members, friends, colleagues or instructors (5 points)
 Turned off or refrained from using my phone or device
 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 (while meeting state & county regulations) that stretches your comfort zone

M T W Th F Sa Su

EMOTIONAL & SPIRITUAL

Slept at least 7 hours each night this week
 Participated in deep breathing, meditation, or self-reflection this week
 Practiced compassion towards yourself/others outside your home via phone call, FaceTime, Zoom, etc. (5 Points)
 Expressed gratitude to at least one person in my life this week
 Took at least 30 minutes to manage stress this week (5 Points)
 Tended to something growing: plant, child, pet, etc.

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FINIANCIAL & OCCUPATIONAL

Kept an organized work space (5 Points)
 Used Handshake to explore jobs, internships, events, or career resources
 Began to develop and / or worked on my resume (visit ESU Career Services for questions)
 Practiced reframing a recent challenge as an opportunity to help during future job interviews
 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
 Said NO to an online purchase that was wanted, not needed

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DAILY POINTS

Completed / participated in one thing I'll be glad I did later (1 Point / Day)