

Wolf Pack Coaches Challenge Weekly Tracker

Teacher Name: _____

Use this sheet to track your daily points. Tally a point every time you eat a cup of fruit or vegetables, drink a cup of water or are physically active for 15 minutes.

Student Name: _____

You can earn 5 points per category for 15 points maximum each day!

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Week 1 Total
Fruits & Vegetables 1 cup = 1 point							
Water 1 cup = 1 point							
Physical Activity 15 minutes = 1 point							
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Week 2 Total
Fruits & Vegetables 1 cup = 1 point							
Water 1 cup = 1 point							
Physical Activity 15 minutes = 1 point							
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Week 3 Total
Fruits & Vegetables 1 cup = 1 point							
Water 1 cup = 1 point							
Physical Activity 15 minutes = 1 point							
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Week 4 Total
Fruits & Vegetables 1 cup = 1 point							
Water 1 cup = 1 point							
Physical Activity 15 minutes = 1 point							

Add each week's total for your **GRAND TOTAL**



—HEALTHY WASHOE—

- 5** or more fruits & vegetables
- 2** hours or less recreational screen time*
- 1** hour or more of physical activity
- 0** sugary drinks, more water

*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

