

Personal Point Log Tracker



New Year, New You Challenge 2015

JANUARY								Weekly Totals
S	M	T	W	T	F	S		
				1	2	3		
4	5	6	7	8	9	10		
11	12	13	14	15	16	17		
18	19	20	21	22	23	24		
25	26	27	28	29	30	31		

Monthly Total

FEBRUARY								Weekly Totals
S	M	T	W	T	F	S		
1	2	3	4	5	6	7		
8	9	10	11	12	13	14		
15	16	17	18 Points Due					

Monthly Total

Total



Name _____

School/Bldg _____

January 1 - February 15

Earn points for the following activities:

- A minimum of 7 hours of sleep** – get one point every day that you sleep for a minimum of 7 hours.
- Login or set up your www.myuhc.com account** – complete the health assessment (via Rally) and earn a point toward the challenge AND earn sweepstakes entries to win great prizes through United HealthCare!
- Drink 32 oz. of water** during the day to stay hydrated and avoid fatigue – earn one point each work day that you drink 32 oz. of water.
- Participate in “Mile-Per-Day” program** – choose from many different aerobic activities each day and complete the minimum minutes to equal one mile. One point for each mile equivalent. See inside of booklet.
- Keep track of your calorie count** – Receive one point for each day that you successfully account for what you eat and drink. (i.e., myfitnesspal.com or Lose it!) Try it for a week at a time.
- Attitude of Gratitude Break** – get a point when you take one 10 minute break to reflect on the positive things that happened during your day.
- Stretching** – earn one point each day when you spend 15 minutes stretching.
- Eat 5 servings per day of fruits and/or vegetables** – get one point for each serving of fruit or vegetables. One serving of fruit = a medium apple, banana, or orange, a ½ cup of cooked or canned fruit (chopped), or ¾ cup of fruit juice. One serving of vegetables = one cup of raw, leafy vegetables, ½ cup of other vegetables (chopped, cooked or raw), or ¾ cup of vegetable juice.
- Avoid eating junk food** – get one point each day that you do not eat any junk food.
- Eat breakfast** – get one point each day that you eat a healthy breakfast.

Don't forget to log your points on the wellness site by February 18th!



NUMBER OF MINUTES OF ACTIVITY EQUAL TO ONE WELLNESS MILE

Activity Conversion Chart	Easy # min = 1 mile	Moderate # min = 1 mile	Vigorous # min = 1 mile
Aerobic Exercise to Music	30 minutes	20 minutes	15 minutes
Baseball/ Softball	25 minutes	20 minutes	16 minutes
Basketball	20 minutes	12 minutes	10 minutes
Bicycling	18 minutes	14 minutes	10 minutes
Calisthenics	30 minutes	20 minutes	15 minutes
Canoeing/ Rowing	20 minutes	15 minutes	12 minutes
Circuit Training	18 minutes	15 minutes	12 minutes
Cycling, stationary	16 minutes	12 minutes	10 minutes
Dancing	20 minutes	15 minutes	12 minutes
Elliptical Trainer	18 minutes	15 minutes	12 minutes
Football	20 minutes	15 minutes	12 minutes
Gardening	60 minutes	40 minutes	30 minutes
Hiking, cross country & hills	20 minutes	15 minutes	12 minutes
Horseback Riding	25 minutes	20 minutes	16 minutes
Golfing, carrying bag or pull cart	50 minutes	35 minutes	20 minutes
Jogging/ Running	12 minutes	10 minutes	8 minutes
Jump Rope	11 minutes	8 minutes	6 minutes
Line Dancing	30 minutes	25 minutes	20 minutes
Racquetball, handball, squash	20 minutes	15 minutes	10 minutes
Mini Trampoline	18 minutes	15 minutes	12 minutes
Pilates/ Yoga/ Tai Chi	30 minutes	22 minutes	18 minutes
Rollerblading	20 minutes	14 minutes	10 minutes
Soccer	15 minutes	12 minutes	10 minutes
Spinning Class	10 minutes	8 minutes	6 minutes
Stair or Bench Stepping	14 minutes	12 minutes	10 minutes
Swimming	20 minutes	12 minutes	8 minutes
Table Tennis	60 minutes	30 minutes	20 minutes
Tennis	22 minutes	16 minutes	11 minutes
Volleyball	20 minutes	15 minutes	12 minutes
Walking	24 minutes	20 minutes	15 minutes
Water Skiing	22 minutes	16 minutes	12 minutes
Water Aerobics	24 minutes	20 minutes	18 minutes
Weight Training	30 minutes	20 minutes	15 minutes