

POINT TRACKER

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	_____						
Week 2							
Week 3							
Week 4							_____

How to earn points

Activity:

- 3 servings of vegetables in a day
- 2 servings of fruit in a day
- Choose whole-grain foods for 2 meals or snacks
- 30 minutes of physical activity
- Attend a Create Better Health class

Points:

- 5 (per day)
- 5 (per day)
- 5 (per day)
- 5 (per day)
- 10 (per day)

Bonus points:

- Follow us on social media 5 points (one time)
- Complete the pre/post survey 10 points (per survey)



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