

# ***Groove your Health! Challenge***

## **-Individual Points Tracker-**

**Name:** \_\_\_\_\_

**Team Name:** \_\_\_\_\_

**Team Captain's Name:** \_\_\_\_\_

**Each Friday, e-mail your team captain your grand total for the previous week (7 days).**

### **Exercise and Hydration Points**

- Earn 1 point for each minute of exercise.
- 60 points per day maximum for exercise.
- Exercise activity examples: walking, jogging, biking, swimming, dancing, weight training, yoga, pilates
- Earn 40 points for drinking two liters of water in a day, all or nothing!

### **Nutrition Points**

- Earn 10 points for each fruit and vegetable serving eaten per day
- 60 points per day maximum for fruit and veggies
- Fruit serving size examples: 3/4 cup fruit juice; 1/2 cup chopped, cooked or canned fruit; 1/4 cup dried fruit; 1 apple/orange/banana; handful of grapes.
- Vegetable serving size examples: 1/2 cup chopped raw or cooked vegetables; 1 cup raw, leafy vegetables; 3/4 cup vegetable juice.
- 10 points for a daily multi-vitamin
- 30 points for 30 grams of fiber, all or nothing

### **Sleep Points**

- Earn 60 points for each night/day you get 7.5 hours of sleep or more (can include naps)
- 60 points, all or nothing!
- Example: Monday's naps and Monday night's sleep will go in the "Monday" box.

### **Bonus Points**

- You can get 80 points for attending at least one event sponsored by the Employee Wellness Committee. New events may come up, which you will be notified of by email or can be found at [mnsu.edu/wellness](http://mnsu.edu/wellness).
- You can get 80 points for doing the "habit of the week," which is designated by the Employee Wellness Committee.

Week 1 bonus point events: Complete the personal wellness survey from [www.realage.com](http://www.realage.com) (if you did this in January, you may count that as well, need not retake it). Should take less than 30 minutes to complete, it may be helpful to know what's in your multi-vitamin, since it gets pretty specific.

Week 1 bonus point habit: Meditate at least 10 minutes each day.

Week 2 bonus point events: Get on a team and signed up for the YMCA Shape-Up Challenge that runs April 27<sup>th</sup>- May 25<sup>th</sup>, the wellness program will cover the cost of registration. These teams do not have to be the same team as it is for this challenge, and can have up to 25 members on a team. If you need more details concerning the YMCA challenge, they can be found at <http://mankato.yshapeup.com>. To register a team, have only the team captain email [graham.prather@mnsu.edu](mailto:graham.prather@mnsu.edu) with a list of team members, a team name, and a username and password for your team (in

order to access the Y's website) no later than Friday April, 18<sup>th</sup>. We'll be competing against other business in Mankato, so hopefully we'll be in great shape from the "Groove Your Health" challenge and blow the competition out of the water.

Week 2 bonus point habit: Do not drink beverages considered to be pop/soda/soft drinks or beer. Drink water, milk, or fruit/vegetable juice instead! This will be a tough one for some, but you can do it!

Week 3 bonus point events: Bring yourself and family out to the MSU ropes course (Near the Andreas Observatory, behind Gage Hall) for an afternoon on the climbing tower, Friday, April 18<sup>th</sup> from 4-7pm, ages 10 and up (10 extra bonus points per person you bring with you).

Week 3 bonus point habit: Celebrate the week of Earth Day by spending at least 20 minutes outside each day.

### Example with maximum points earned

	<b>Exercise and H2O</b> 1 point per minute Maximum Points = 60/day 40 points for 2 liters of water	<b>Nutrition</b> 10 points per fruit/veg serving, 30 points for fiber, 10 points for vitamins Maximum Points = 100/day	<b>Sleep</b> 60 points for 7.5 hours or more Maximum Points = 60/day	<b>Bonus Points</b>	<b>Total</b>
<b>Monday</b>	100	100	60	-	260
<b>Tuesday</b>	100	100	60	-	260
<b>Wednesday</b>	100	100	60	-	260
<b>Thursday</b>	100	100	60	-	260
<b>Friday</b>	100	100	60	-	260
<b>Saturday</b>	100	100	60	-	260
<b>Sunday</b>	100	100	60	-	260
<b>Habit #1</b>	-	-	-	80	80
<b>Event #1</b>	-	-	-	80	80
<b>Weekly Total</b>	700	700	420	160	Grand Total Week 1: <u>2000</u>

## Week 1, April 4-April 10

	Exercise and H2O 1 point per minute Maximum Points = 60/day 40 points for 2 liters of water	Nutrition 10 points per fruit/veg serving, 30 points for fiber, 10 points for vitamins Maximum Points = 100/day	Sleep 60 points for 7.5 hours or more Maximum Points = 60/day	Bonus Points	Total
<b>Friday 4.4</b>				-	
<b>Saturday 4.5</b>				-	
<b>Sunday 4.6</b>				-	
<b>Monday 4.7</b>				-	
<b>Tuesday 4.8</b>				-	
<b>Wednesday 4.9</b>				-	
<b>Thursday 4.10</b>				-	
<b>Habit #1</b>	-	-	-		
<b>Event #1</b>	-	-	-		
<b>Weekly Total</b>					Grand Total Week 1 _____

## Week 2, April 11-April 17

	Exercise and H2O 1 point per minute Maximum Points = 60/day 40 points for 2 liters of water	Nutrition 10 points per fruit/veg serving, 30 points for fiber, 10 points for vitamins Maximum Points = 100/day	Sleep 60 points for 7.5 hours or more Maximum Points = 60/day	Bonus Points	Total
<b>Friday 4.11</b>				-	
<b>Saturday 4.12</b>				-	
<b>Sunday 4.13</b>				-	
<b>Monday 4.14</b>				-	
<b>Tuesday 4.15</b>				-	
<b>Wednesday 4.16</b>				-	
<b>Thursday 4.17</b>				-	
<b>Habit #2</b>		-	-		
<b>Event #2</b>	-	-	-		
<b>Weekly Total</b>					Grand Total Week 2 _____

## Week 3, April 18-April 24

	<b>Exercise and H2O</b> 1 point per minute Maximum Points = 60/day 40 points for 2 liters of water	<b>Nutrition</b> 10 points per fruit/veg serving, 30 points for fiber, 10 points for vitamins Maximum Points = 100/day	<b>Sleep</b> 60 points for 7.5 hours or more Maximum Points = 60/day	<b>Bonus Points</b>	<b>Daily Total</b>
<b>Friday 4.18</b>				-	
<b>Saturday 4.19</b>				-	
<b>Sunday 4.20</b>				-	
<b>Monday 4.21</b>				-	
<b>Tuesday 4.22</b>				-	
<b>Wednesday 4.23</b>				-	
<b>Thursday 4.24</b>				-	
<b>Habit #3</b>	-	-	-		
<b>Event #3</b>	-	-	-		
<b>Weekly Total</b>					Grand Total Week 3 _____

## *Groove Your Health Challenge Totals*

	Total Points
Week 1	
Week 2	
Week 3	
Grand Total	