

**Groove your Health! Challenge**  
**April 6<sup>th</sup>-24<sup>th</sup> 2009**  
**-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).**

**Finale Field Day event will be April 29<sup>th</sup> in Otto Recreation Center, stop by between 11am -1pm, play some games and have some fun with your fellow competitors.**

**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, playing sports, etc.
- Earn 5 points for drinking 8 oz. of water in a day, a maximum of 40 points per day.

**Nutrition Points**

- Earn 10 points for each fruit and vegetable serving eaten per day, a maximum of 50 points per day.
- 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.
- Earn 10 points for No White Flour Products each day.
- 10 points for a daily multi-vitamin and/or all prescription medications.
- Earn 5 points for 5 grams of fiber, a maximum of 30 points per day.

**Sleep Points**

- Earn 70 points for each night/day you get 7.5 hours of sleep or more (can include naps).
- 70 points, all or nothing!
- Example: Monday's naps and Monday night's sleep will go in the "Monday" box.
- Earn 20 points for each night that you avoid alcohol, caffeine and nicotine at least 2 hours before sleep.
- Earn 10 points for avoiding using the computer and television at least 1 hour before sleep.

**Bonus Points**

- You can get 70 points for attending at least an event sponsored by the Employee Wellness Committee. New events may come up, of which your team captain will be notified. Does not include ongoing programs such as yoga class (though that can count as exercise).
- You can get 10 points per day for doing the "habit of the week," which is designated by the Employee Wellness Committee.

**Week 1 bonus point events:** Sign your team up for the YMCA Shape-Up Challenge that runs April 24<sup>th</sup>- May 24<sup>th</sup>, the wellness program will cover the cost of registration. 70 points per team member that signs up. Team captains can go online at [Mankato.yshapeup.com](http://Mankato.yshapeup.com) and enter your team. You may join forces with other teams or unaffiliated employees, however you only get the bonus points for members on your original team for this challenge. After your team has registered with the YMCA website, your captain will need to send [graham.prather@mnsu.edu](mailto:graham.prather@mnsu.edu) an email listing your team name and participants so that we may coordinate payment of fees and verify enrollment with the Y.

**Week 1 bonus point habit:** Switch snacks this week to a fruit or vegetable. 10 points per day.

**Week 2 bonus point events:** Attend the Brown Bag: Fitness Facts, Myths & Your Questions, on April 13<sup>th</sup> or 15<sup>th</sup>, 12:15pm-1pm in CSU 201 with Campus Recreation's Jen Myers.

**Week 2 bonus point habit:** Do not drink beverages considered to be pop/soda/soft drinks or other sugary beverages. Drink water, milk, or fruit/vegetable juice instead! 10 points per day.

**Week 3 bonus point events:**

Wearing your seatbelt and refraining from operating a cellular phone while driving (includes texting and phone conversations). 10 points per day.

**One time bonus point events** that can be completed (only once) any time during the challenge:

- Read a health or fitness magazine- 10 points
- Complete a yearly physical with your physician- 100 points\*
- Complete a routine eye examination- 100 points\*
- Complete a routine dental cleaning and exam- 100 points\*
- Cook a good nutritional meal that you have never made before- 50 points

\* You may count an exam if you have already completed one anytime between May 2008 and the end of the competition.

<b>EXAMPLE</b>	<b>Exercise and H2O: 1 point per minute of exercise, up to 60 points per day, 40 points per day for water Max 100/day</b>	<b>Nutrition: 10 points per fruit/veg serving, 30 points for fiber, 10 points for vitamins/prescriptions Max 100/day</b>	<b>Sleep: 70 points for 7.5 hours or more, 30 points for avoiding stimulants and t.v./computers Max 100/day</b>	<b>Bonus Points: Habits and Events</b>	<b>Total</b>
<b>Monday</b>	100	100	100	10	310
<b>Tuesday</b>	100	100	100	10	310
<b>Wednesday</b>	100	100	100	10	310
<b>Thursday</b>	100	100	100	80 Attended bonus event	380
<b>Friday</b>	100	100	100	10	310
<b>Saturday</b>	100	100	100	10	310
<b>Sunday</b>	100	100	100	10	310
<b>Weekly Total</b>	700	700	700	140	Grand Total Week 1: <u>2240</u>

<b>WEEK 1</b>	<b>Exercise and H2O: 1 point per minute of exercise, up to 60 points per day, 40 points per day for water Max 100/day</b>	<b>Nutrition: 10 points per fruit/veg serving, 30 points for fiber, 10 points for vitamins/prescriptions Max 100/day</b>	<b>Sleep: 70 points for 7.5 hours or more, 30 points for avoiding stimulants and t.v./computers Max 100/day</b>	<b>Bonus Points: Habits and Events</b>	<b>Total</b>
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<b>Tuesday</b>					
<b>Wednesday</b>					
<b>Thursday</b>					
<b>Friday</b>					
<b>Saturday</b>					
<b>Sunday</b>					
<b>Weekly Total</b>					<b>Grand Total Week 1:</b>

<b>WEEK 2</b>	<b>Exercise and H2O: 1 point per minute of exercise, up to 60 points per day, 40 points per day for water Max 100/day</b>	<b>Nutrition: 10 points per fruit/veg serving, 30 points for fiber, 10 points for vitamins/prescriptions Max 100/day</b>	<b>Sleep: 70 points for 7.5 hours or more, 30 points for avoiding stimulants and t.v./computers Max 100/day</b>	<b>Bonus Points: Habits and Events</b>	<b>Total</b>
<b>Monday</b>					
<b>Tuesday</b>					
<b>Wednesday</b>					
<b>Thursday</b>					
<b>Friday</b>					
<b>Saturday</b>					
<b>Sunday</b>					
<b>Weekly Total</b>					<b>Grand Total Week 2:</b>

<b>WEEK 3</b>	<b>Exercise and H2O: 1 point per minute of exercise, up to 60 points per day, 40 points per day for water Max 100/day</b>	<b>Nutrition: 10 points per fruit/veg serving, 30 points for fiber, 10 points for vitamins/prescriptions Max 100/day</b>	<b>Sleep: 70 points for 7.5 hours or more, 30 points for avoiding stimulants and t.v./computers Max 100/day</b>	<b>Bonus Points: Habits and Events</b>	<b>Total</b>
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<b>Saturday</b>					
<b>Sunday</b>					
<b>Weekly Total</b>					<b>Grand Total Week 3:</b>