

### HEALTH TRIP 2018

#### How It Works

Health Trip is designed to encourage a healthy and active lifestyle. This year Health Trip incorporates nutrition and wellness as well as exercise. Aerobic exercise is valued at one point per minute. Other healthy choices have been assigned point values.

#### Tracking Points

Use the **Health Trip Log** to record the activity and the points you have earned each week. To record, mark one circle for every 10 points earned. Report your points three times during Health Trip. Report cumulative points on the 2nd and 3rd reporting dates.

#### Wellness Activities and Point Values

##### 1 POINT = 1 MINUTE

One minute of aerobic exercise (running, jogging, swimming, cycling, aerobics, sports, yoga etc) = 1 Point

##### 10 POINTS

- Eat 7 or more servings of fruits, vegetables, and whole grains throughout one day (Serving size = 1 cup)
- 30 minutes of on non-aerobic activity (Sweeping, vacuuming, stretching, yard work, gardening, etc.)

##### BONUS POINTS

- Have a preventative screening done by health care provider = **earn 20 points**  
(breast cancer, prostate cancer, skin cancer, etc.) Screening time frame: April 1, 2017 - May 11, 2018
- Use a coupon from the Health Trip packet = **earn 10 points**

#### Health Trip Reporting

An email reminder with the reporting link will be sent on the reporting date. **Please use the link to report your Health Trip points.** The link is also available online at [saukprairieschools.org/community/HealthTrip.cfm](http://saukprairieschools.org/community/HealthTrip.cfm)

#### Health Trip Log

**1 circle = 10 points**

Keep track of your points in the Health Trip Log by marking one circle for each 10 points earned.

### YOUR HEALTH TRIP LOG

Reporting Date 1: Weeks 1-5

DATES	EXERCISE/ NUTRITION			BONUS	TOTAL	
1/22 -- 1/28	○ ○ ○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○ ○ ○	
1/29 -- 2/4	○ ○ ○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○ ○ ○	
2/5 -- 2/11	○ ○ ○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○ ○ ○	
2/12 -- 2/18	○ ○ ○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○ ○ ○	
2/19 -- 2/25	○ ○ ○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○ ○ ○	

**REPORTING DATE IS MONDAY, FEBRUARY 26**

(Goal: 750 points) TOTAL

## YOUR HEALTH TRIP LOG Reporting Date 1: Weeks 6-10

DATES	EXERCISE/ NUTRITION				BONUS	TOTAL
2/26 -- 3/4	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	
3/5 -- 3/11	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	
3/12 -- 3/18	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	
3/19 -- 3/25	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	
3/26 -- 4/1	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	
<b>REPORTING DATE IS MONDAY, APRIL 2</b>					<i>Weeks 6-10 Total</i>	
					+ Total from 1st Reporting Date	
					<b>(GOAL = 1500 points) TOTAL</b>	

## YOUR HEALTH TRIP LOG Reporting Date 1: Weeks 11-16

DATES	EXERCISE/ NUTRITION				BONUS	TOTAL
4/2 -- 4/8	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	
4/9 -- 4/15	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	
4/16 -- 4/22	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	
4/23 -- 4/29	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	
4/30 -- 5/6	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	
5/7 -- 5/13	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	
<b>REPORTING DATE IS MONDAY, MAY 14</b>					<i>Weeks 11-16 Total</i>	
					+ Total from 2nd Reporting Date	
					<b>(GOAL = 2400 points) TOTAL</b>	

Join us for the Health Trip Picnic on Wednesday, May 16. Watch for an email invitation with more details coming later in Health Trip.