

HOW TO EARN HEALTH TRIP POINTS

Wellness Activities and Point Values

1 POINT = 1 MINUTE

One minute of exercise (running, jogging, swimming, cycling, aerobics, sports, yoga, pilates, etc) equals 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 continuous 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**

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

HOW TO TRACK YOUR HEALTH TRIP POINTS

MY HEALTH TRIP -- WEEK OF JANUARY 22-25 ACTIVITY	POINTS	
Monday, January 23: 30 minute workout (30 points) + 7 fruits/veggies (10 points)	40 points	
Tuesday, January 24: 30 minute workout (30 points) + 7 fruits/veggies (10 points)	40 points	
Wednesday, January 25: 40 minute Kickboxing workout (40 points) + Use of Kickboxing Coupon (10 points)	50 points	
Thursday, January 26: 30 minute workout (30 points) + 7 fruits/veggies (10 points)	40 points	
Friday, January 27: 30 minute workout (30 points) + Use of Sentry \$1.99 Orange Coupon (10 points)	40 points	
Saturday, January 25: 30 minute workout (30 points) + 1 hour yardwork (20 points)	50 points	
Sunday, January 26: 20 minute walk (20 points)	20 points	
Total Points Reported for the week of January 22-25		280

Sample Health Trip Log

DATES	EXERCISE/NUTRITION				BONUS	TOTAL
1/23 -- 1/29						280