

Wellness Challenge 2021

Weekly Journal

Week: _____

Mon Tue Wed Thur Fri Sat Sun Max points/week Weekly points

NUTRITION:

- Fill half your plate with vegetables and/or fruit /day (2)
- Choose at least one plant-based protein/day (2)
- Choose at least one whole grain/day (2)
- Enjoy at least one technology free meal/day (2)

							2 x 7 days = 14	
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WATER:

6 cups (1 cup = 1 point)

							6 x 7 days = 42	
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SLEEP:

7 hours (1 hour = 1 point)

							7 x 7 days = 49	
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PHYSICAL ACTIVITY:

Accumulate at least 150 minutes of moderate to vigorous physical activity/week (10 mins = 5 points)

							75	
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WELLNESS EDUCATION:

Watch the videos and read the articles each week (5)

							5	
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WEEKLY CHALLENGE:

Each week there will be a challenge (5)

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TOTALS FOR EACH DAY:

							TOTAL/WEEK 232	
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Swift Current – where a "healthy" life makes sense!