**Name: Total Points Week 1:\_\_\_\_\_\_ Teacher Name:**

**Please only put points in boxes:**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Week 1 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| AMOUNT OF EXERCISE |  |  |  |  |  |  |  |
| NUMBER OF FRUITS & VEGGIES |  |  |  |  |  |  |  |
| AMOUNT OF TV/VIDEO GAMES |  |  |  |  |  |  |  |

**Total Points Week 2:\_\_\_\_\_\_**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Week 2 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| AMOUNT OF EXERCISE |  |  |  |  |  |  |  |
| NUMBER OF FRUITS & VEGGIES |  |  |  |  |  |  |  |
| AMOUNT OF TV/VIDEO GAMES |  |  |  |  |  |  |  |

# POINT SYSTEM:

|  |  |  |  |
| --- | --- | --- | --- |
| POINTS | AMOUNT OF EXERCISE | NUMBER OF FRUITS & VEGGIES | AMOUNT OF TV WATCHED |
| 5 | 30 MINUTES OR MORE | 5 OR MORE | 30 MINUTES OR LESS |
| 3 | 15 TO 29 MINUTES | 2 TO 4 | 31 MINUTES TO 1 HOUR |
| 1 | 0 TO 14 MINUTES | 0 TO 1 | MORE THAN 1 HOUR |