



NAME: _____

TEAM: _____

Faculty

Staff

Student (circle one)

POINTS TRACKER

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | TOTAL |
|-------------------------------|--|--|--|--|--|--|--|-------|
| WEEK 1 Feb 9-15 | 2/9 PA= _____ PP= _____ TOTAL= _____ | 2/10 PA= _____ PP= _____ TOTAL= _____ | 2/11 PA= _____ PP= _____ TOTAL= _____ | 2/12 PA= _____ PP= _____ TOTAL= _____ | 2/13 PA= _____ PP= _____ TOTAL= _____ | 2/14 PA= _____ PP= _____ TOTAL= _____ | 2/15 PA= _____ PP= _____ TOTAL= _____ | |
| WEEK 2 Feb 16-22 | 2/16 PA= _____ PP= _____ TOTAL= _____ | 2/17 PA= _____ PP= _____ TOTAL= _____ | 2/18 PA= _____ PP= _____ TOTAL= _____ | 2/19 PA= _____ PP= _____ TOTAL= _____ | 2/20 PA= _____ PP= _____ TOTAL= _____ | 2/21 PA= _____ PP= _____ TOTAL= _____ | 2/22 PA= _____ PP= _____ TOTAL= _____ | |
| WEEK 3 Feb 23-Mar 1 | 2/23 PA= _____ PP= _____ TOTAL= _____ | 2/24 PA= _____ PP= _____ TOTAL= _____ | 2/25 PA= _____ PP= _____ TOTAL= _____ | 2/26 PA= _____ PP= _____ TOTAL= _____ | 2/27 PA= _____ PP= _____ TOTAL= _____ | 2/28 PA= _____ PP= _____ TOTAL= _____ | 3/1 PA= _____ PP= _____ TOTAL= _____ | |
| WEEK 4 Mar 2-8 | 3/2 PA= _____ PP= _____ TOTAL= _____ | 3/3 PA= _____ PP= _____ TOTAL= _____ | 3/4 PA= _____ PP= _____ TOTAL= _____ | 3/5 PA= _____ PP= _____ TOTAL= _____ | 3/6 PA= _____ PP= _____ TOTAL= _____ | 3/7 PA= _____ PP= _____ TOTAL= _____ | 3/8 PA= _____ PP= _____ TOTAL= _____ | |

PA= PHYSICAL ACTIVITY: Each participant can earn up to 3 points per day for physical activity. One point is awarded for every 15 minutes of physical activity.

PP= POWER POINTS: POWER points are available for attending special fitness sessions or for incentive days. Please check the calendar or your email for more info.

Employees turn in completed form to Cathy Mascelli to receive payment and students turn into the Center for Health Education and Wellness for prize