

Holiday Challenge Tracking Sheet



Name: _____
 E-mail: _____
 Telephone: _____
 Address: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Earned points	_____	_____	_____	_____	_____	_____	_____	Week 1
- Lost points	- _____	- _____	- _____	- _____	- _____	- _____	- _____	
Daily Point Total	= _____	= _____	= _____	= _____	= _____	= _____	= _____	
Earned points	_____	_____	_____	_____	_____	_____	_____	Week 2
- Lost points	- _____	- _____	- _____	- _____	- _____	- _____	- _____	
Daily Point Total	= _____	= _____	= _____	= _____	= _____	= _____	= _____	
Earned points	_____	_____	_____	_____	_____	_____	_____	Week 3
- Lost points	- _____	- _____	- _____	- _____	- _____	- _____	- _____	
Daily Point Total	= _____	= _____	= _____	= _____	= _____	= _____	= _____	
Earned points	_____	_____	_____	_____	_____	_____	_____	Week 4
- Lost points	- _____	- _____	- _____	- _____	- _____	- _____	- _____	
Daily Point Total	= _____	= _____	= _____	= _____	= _____	= _____	= _____	
Earned points	_____	_____	_____	_____	_____	_____	_____	Week 5
- Lost points	- _____	- _____	- _____	- _____	- _____	- _____	- _____	
Daily Point Total	= _____	= _____	= _____	= _____	= _____	= _____	= _____	
Earned points	_____	_____	_____	_____	_____	_____	_____	Week 6
- Lost points	- _____	- _____	- _____	- _____	- _____	- _____	- _____	
Daily Point Total	= _____	= _____	= _____	= _____	= _____	= _____	= _____	
Earned points	_____	_____	_____	_____	_____	_____	_____	Week 7
- Lost points	- _____	- _____	- _____	- _____	- _____	- _____	- _____	
Daily Point Total	= _____	= _____	= _____	= _____	= _____	= _____	= _____	
Earned points	_____	_____	_____	_____	_____	_____	_____	Week 8
- Lost points	- _____	- _____	- _____	- _____	- _____	- _____	- _____	
Daily Point Total	= _____	= _____	= _____	= _____	= _____	= _____	= _____	

Goal

Aim for 6 points per day, or 200 points over the challenge—but any amount counts! Maximum of 7 points possible per day.

Get points

- Sleep 7-9 hours: 1 point
- Exercise for at least 15 minutes: 1 point
- Eat at least one cup of fruits and/or vegetables: 1 point
- Drinking at least 6 cups of plain water: 1 point.
- Not skipping meals; eating breakfast, lunch and dinner: 1 point
- Limit sweets to one serving or less per day: 1 point
- Limit alcohol to one serving or less per day: 1 point

Lose points

- Skipping any meal, breakfast, lunch or dinner: -1 point
- Eating more than one serving of sweets: -1 point
- Drinking more than one serving of alcohol: -1 point



To Enter for Prizes Health Care and Benefits
 Return your completed sheet by PO Box 200130, Helena, MT 59601
 January 6, 2017 to Fax: 406-444-0080
 E-mail: livelifewell@mt.gov