

Holiday Challenge Tracking Sheet



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

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
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

Get 6 points a day, or 200 over 8 weeks—but any number counts!

Get points

- Weigh Yourself : 1 point
- Exercise for at least 10 minutes: 1 point
- Eat at least one cup of fruits and/or vegetables: 1 point
- Eat a healthy breakfast with fiber and protein: 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



Return your completed tracking sheet
 for great prizes by **January 10, 2014**

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