

Challenge U!

Activity Point List

EARN ONE ENTRY PER WEEK INTO THE DRAWING FOR THE FINAL PRIZE BY:

- Meeting weekly goal (must be set at 50 points or higher each week)
 - If you do not meet your weekly goal you can set a new goal the following week
 - Each week you meet your goal you will be entered into the drawing
 - Can be entered into the drawing a maximum of 4 times

EARN POINTS FOR THE SAME ACTIVITY ON DIFFERENT DAYS OF THE WEEK

- Example: An activity such as “ate a healthy breakfast” would earn 3 points for each day you eat a healthy breakfast
- Example: If you write in a journal on Monday and Thursday you would earn 1 point on Monday and one point on Friday

WHEN PARTICIPATING IN PHYSICAL ACTIVITY THE NUMBER OF POINTS EARNED DEPENDS ON TIME SPENT

- Example: If you go for a walk for an hour you will earn 6 points; Garden for two hours and earn 12 points

NUTRITION ACTIVITIES

#101 = 3 points

- Ate a healthy breakfast
- Consumed 3 or more veggie servings/day
- Consumed 3 or more whole grain servings/day
- Drank 8 or more glasses of water/day

#102 = 2 points

- Ate 2 or more servings of fruit/day
- Ate/drank 2 low fat dairy products

PHYSICAL ACTIVITIES

#103 = 3 points / half hour

- Any type of physical activity (flexibility exercises, cardio, strength training, lifestyle physical activity, etc.)

#104 = 3 points

- Reached target heart rate (chart below)

STRESS MANAGEMENT ACTIVITIES

#105 = 2 points / night

- Got a full night’s sleep (7-8 hrs.)

#104 = 1 point / day

- Meditated
- Wrote in a journal
- Read a book
- Got a massage
- Took deep breaths to relax

Your maximum heart rate is about 220 minus your age. The figures below are averages, so use them as general guidelines.

Age	Target HR Zone 50–85 %
20 years	100–170 beats per minute
25 years	98–166 beats per minute
30 years	95–162 beats per minute
35 years	93–157 beats per minute
40 years	90–153 beats per minute
45 years	88–149 beats per minute
50 years	85–145 beats per minute
55 years	83–140 beats per minute
60 years	80–136 beats per minute
65 years	78–132 beats per minute