



PLAYER NAME: _____

TEAM NAME: _____

POINT SYSTEM: 1,000 Steps = 1 Point

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
TOTAL STEPS								
ACTIVITY NAME								
TIME								
ACTIVITY NAME								
TIME								
ACTIVITY NAME								
TIME								
ACTIVITY NAME								
TIME								
ACTIVITY NAME								
TIME								
FRUITS & VEGGIES								
ENTER SERVINGS								
WATER								
ENTER SERVINGS								
BONUS POINTS								
GENERAL NOTES:								