



Fitness Challenge Tracker Packet

Tri-Town Fitness Challenge Tracker Directions

Thank you for participating in the 1st Annual Tri-Town Fitness Challenge. This will be your tracker to use throughout the 12 week challenge to keep track of your points when drinking water, eating fruits and vegetables, and doing any type of physical activity.

How to use this tracker:

Write numbers in the boxes after you do the following:

- ***Drink 8 oz or 1 cup of water = 1 point (aim for 6-8 each day)***
- ***Eat 1 serving (about ½ cup) of any vegetable =1 point***
- ***Eat 1 serving of any fruit = 1 point***
- ***30 minutes of any type of physical activity = 2 points***
- ***Participate in a bonus activity (see the last page of your tracker booklet)***

Is there an event, healthy food, or exercise not on the list or in the resource packet? That's ok.. Log the event, healthy food, exercise, or a good deed payed forward and add it to your tracker, and you will receive the 3 points!!! When complete, you will turn your Challenge tracker in to your Team Captain by Friday, September 23rd. Your Team Captain will divide total team points by total team members for average. The Challenge tracker will then need to be **returned to Tri-Town Health Department, 45 Railroad Street, Lee, MA no later than September 28th in order to be considered for any prizes.** Planning staff will post all team results and announce category winners at a later date. Good luck and thank you!

BONUS POINTS-

Each action is worth 3 points. Unlimited throughout the challenge!!!

Try a new Vegetable	Perform a random act of kindness for a friend or neighbor	Shop at Farmer's Market	Get a wellness check at your doctor	Carpool to work	Donate blood	Eat at a Healthy Dining Restaurant (see list)
Encourage a friend, neighbor or relative to exercise	Play at a local park for at least one hour	Bike/Walk full length of a Trail	Try a new fitness class at any location in the 3 towns	Attend a smoking cessation workshop	Use a park to exercise	Get your blood pressure screened
Play outdoor games	Meditate for 10 minutes	Donate a "super food" to a local pantry	Try a new fruit	Attend the Fitness Challenge kick-off	Try a new exercise	Walk or bike to work
Laugh for 5 minutes	Organize a healthy community event	Sleep 8 hours a night	Drink 8 8oz glasses of water a day	Post a healthy recipe on the Be Well Berkshires Facebook page	Post a team picture on FB Page	Share a healthy story on our Facebook Page

MEGA-BONUS POINTS -Each event below only good once. Complete all three earn 40 points!!!

Please cross off box upon completion

Register and participate at the Wild Thing 5k/10K race/walk 10 pts.	Register for the Josh Billings RunAground 10 pts.	Hike/Walk at least two trails in each of the three towns 10 pts.
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**For every week you do not: Drink Soda-----Eat Fast Food-----Smoke Cigarettes or use Tobacco
Give yourself 5 points (per week----Must do all 3)**

Is there an event, healthy food, or exercise not on this list or in the resource packet? That's ok.. Log the event, healthy food, exercise, or a good deed payed forward on your tracker, and you will receive the 3 points!!!

Week _____ Food and Fitness Log

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Points
Water								
Fruit								
Vegetables								
Physical activity								
Bonus Points								

Total Points: _____

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