

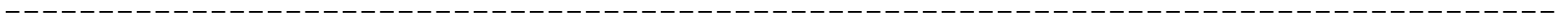
Wolf Pack Coaches Challenge Weekly Tracker

Name: _____

Use this sheet to track your daily points. Mark off an apple every time you eat a cup of fruit or vegetables, a drop of water for every cup of water you drink and a basketball each time you are physically active for 15 minutes. Add the numbers for the week to get your weekly total.

Record your daily total on the big poster in your classroom. Remember you can only earn **15 points maximum** each day!

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Week 1 Total
Fruits & Vegetables 1 cup = 1 point							
Water 1 cup = 1 point							
Physical Activity 15 minutes = 1 point							



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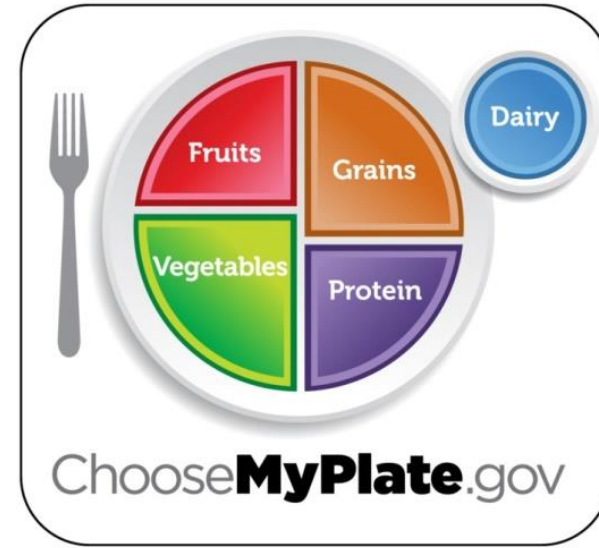
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Week 2 Total
Fruits & Vegetables 1 cup = 1 point							
Water 1 cup = 1 point							
Physical Activity 15 minutes = 1 point							



—HEALTHY WASHOE—

- 5** or more fruits & vegetables
- 2** hours or less recreational screen time*
- 1** hour or more of physical activity
- 0** sugary drinks, more water

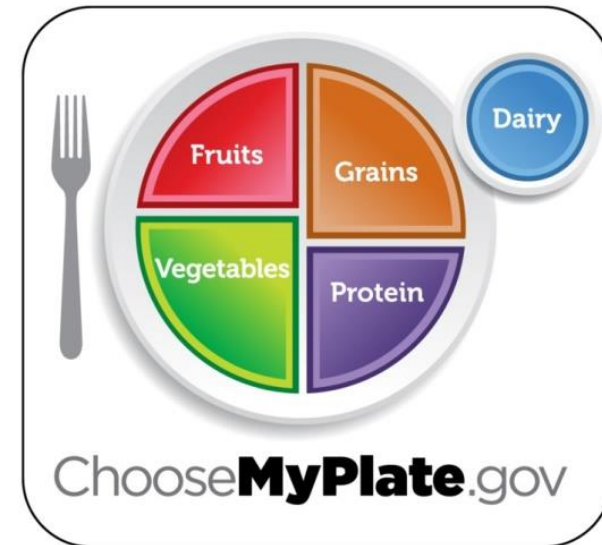
*Keep TV/Computer out of the bedroom. No screen time under the age of 2.



—HEALTHY WASHOE—

- 5** or more fruits & vegetables
- 2** hours or less recreational screen time*
- 1** hour or more of physical activity
- 0** sugary drinks, more water

*Keep TV/Computer out of the bedroom. No screen time under the age of 2.


















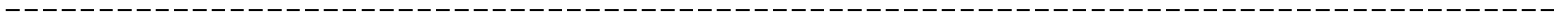
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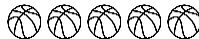


Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Week 3 Total
Fruits & Vegetables 1 cup = 1 point							
Water 1 cup = 1 point							
Physical Activity 15 minutes = 1 point							



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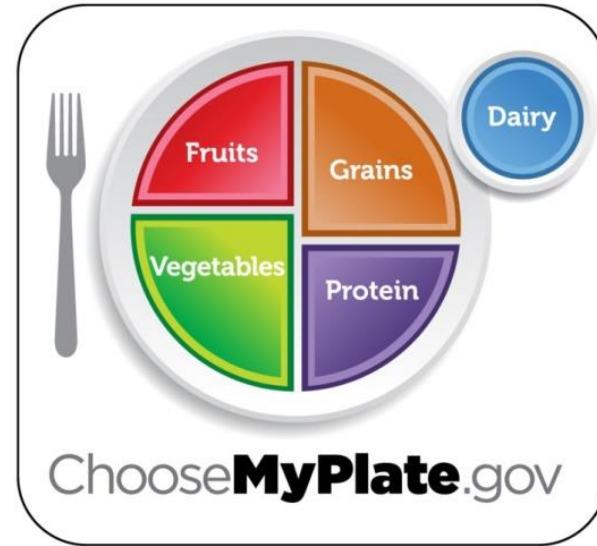
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Week 4 Total
Fruits & Vegetables 1 cup = 1 point							
Water 1 cup = 1 point							
Physical Activity 15 minutes = 1 point							



—HEALTHY WASHOE—

- 5** or more fruits & vegetables
- 2** hours or less recreational screen time*
- 1** hour or more of physical activity
- 0** sugary drinks, more water

*Keep TV/Computer out of the bedroom. No screen time under the age of 2.



—HEALTHY WASHOE—

- 5** or more fruits & vegetables
- 2** hours or less recreational screen time*
- 1** hour or more of physical activity
- 0** sugary drinks, more water

*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

