

Healthy



Holidays

November 23, 2015 – January 1, 2016
Maximum points per day = 5 / Goal = 140 points

Maintain Don't Gain

Use this form for convenient daily tracking. Remember to record all of your points online by **January 8, 2016**.

How to Earn Your Daily Activity Points:

- Engage in at least 30 minutes of physical activity.
- Eat a healthy dinner.
- Limit treat foods to 1 serving or less
- Limit alcoholic beverages or sugary beverages to 1 or less.
- Sleep 7 or more hours.
- BONUS:** Earn up to 2 bonus points each week for an *Attitude of Gratitude* statement, and for weighing yourself. Log these activity points in the Portal on Wednesday.

How to Track Your Points:

- Select the date.
- Enter the number of healthy behaviors for each day (each healthy behavior = 1 point; up to 5 points per day).
- Record your points on the wellness portal by January 8, 2016:
www.KansasHealthQuest.com

Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Bonus: Wk Total:
	NOV 23 <input type="checkbox"/> Exercise <input type="checkbox"/> Eat Healthy <input type="checkbox"/> Limit Treats <input type="checkbox"/> Limit Drinks <input type="checkbox"/> Sleep + 7 hrs	24 <input type="checkbox"/> Exercise <input type="checkbox"/> Eat Healthy <input type="checkbox"/> Limit Treats <input type="checkbox"/> Limit Drinks <input type="checkbox"/> Sleep + 7 hrs	25 <input type="checkbox"/> Exercise <input type="checkbox"/> Eat Healthy <input type="checkbox"/> Limit Treats <input type="checkbox"/> Limit Drinks <input type="checkbox"/> Sleep + 7 hrs	26 <input type="checkbox"/> Exercise <input type="checkbox"/> Eat Healthy <input type="checkbox"/> Limit Treats <input type="checkbox"/> Limit Drinks <input type="checkbox"/> Sleep + 7 hrs	27 <input type="checkbox"/> Exercise <input type="checkbox"/> Eat Healthy <input type="checkbox"/> Limit Treats <input type="checkbox"/> Limit Drinks <input type="checkbox"/> Sleep + 7 hrs	28 <input type="checkbox"/> Exercise <input type="checkbox"/> Eat Healthy <input type="checkbox"/> Limit Treats <input type="checkbox"/> Limit Drinks <input type="checkbox"/> Sleep + 7 hrs	<input type="text"/> <input type="text"/>
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