

Northland Healthier You Challenge

Weekly Activity Tracker

Week 1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Exercise (minutes)							
Fruits & Veg (servings)							
Sugary Treats (servings)							
Week 2	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Exercise (minutes)							
Fruits & Veg (servings)							
Sugary Treats (servings)							
Week 3	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Exercise (minutes)							
Fruits & Veg (servings)							
Sugary Treats (servings)							
Week 4	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Exercise (minutes)							
Fruits & Veg (servings)							
Sugary Treats (servings)							
Week 5	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Exercise (minutes)							
Fruits & Veg (servings)							
Sugary Treats (servings)							
Week 6	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Exercise (minutes)							
Fruits & Veg (servings)							
Sugary Treats (servings)							

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Week 7	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Exercise (minutes)							
Fruits & Veg (servings)							
Sugary Treats (servings)							
Week 8	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Exercise (minutes)							
Fruits & Veg (servings)							
Sugary Treats (servings)							

REMINDERS:

Report your points each week for a chance to win prizes. Participants who don't pay an enrollment fee are eligible for weekly prizes, but not grand prizes.

All points must be submitted ONLINE using the links at northlandchc.org/healthier-you-challenge.

Weeks runs **Sunday through Saturday**. All participants who submit weekly point totals by **Sunday at 11pm** will be considered for the weekly drawing for small prizes relevant to health and fitness. If you do not meet the deadline, you will not be eligible for the weekly drawing that week.

Points can be submitted late and will still count towards your overall score for grand prizes.

Point totals and weekly winners will be posted online.

Visit northlandchc.org/healthier-you-challenge for complete details, rules and documents for the challenge.