

Healthy Eating, Healthy Life Virtual Workplace Challenge

October 19 – November 15, 2020

Individual Tracking Sheet



University
of Windsor

Name: _____

Department: _____

Instructions:

- Earn 1 point per day (Monday – Sunday) for incorporating a healthy habit, specific to the week’s theme into your day.
- Optional: Earn bonus points during weeks 2 to 4 of the challenge if in addition to incorporating a healthy eating habit specific to the theme of the week you also maintained a healthy eating habit from the previous week(s).
- Submit the tracking sheet to employeeengagement@uwindsor.ca every Tuesday to be entered into a draw for a weekly prize.
- At the end of the challenge, add up all the points earned during the 4-week challenge and submit the final tracking sheet to employeeengagement@uwindsor.ca by **November 17** to be entered into the Challenge Champion competition.

	Week 1 Hold the Salt	Week 2 Paint Your Plate With Fruits and Vegetables	Week 3 Rethink your Drink	Week 4 Limit Junk Food Snacking
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
BONUS POINTS *	No bonus points for week 1			
Total Weekly Points				

* 1 bonus point awarded for maintaining a healthy eating habit from a previous week(s).

Total points for the 4 weeks: (Oct. 19 – Nov. 15) _____