

INDIVIDUAL TRACKING CARD

Name	
Team	
Instructions	<ol style="list-style-type: none"> See the Spring into Wellness Challenge card for descriptions of daily tasks Earn one (1) point by completing the activity associated with each day Use the weekend to earn an additional point by completing an activity from that week (for example, on Saturday, repeat an activity from Tuesday). You can only earn one (1) point per weekend Each Monday morning, count the points earned for previous week and send your results to your team captain

POINTS TRACKING: Each box = 1 point when completed

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND	TOTAL
1	Say Good Morning!	Social Media Fast	"I appreciate You!"	Reach out & Check-in	Random Act of Kindness	Repeat any activity from Week 1	
2	"I am grateful for..."	Single-task today	Give Yourself a Compliment	Find Joy	Pause and Celebrate	Repeat any activity from Week 2	
3	Start a Healthy Habit	Eat your meals distraction-free	Meatless Wednesday	Move	Do a Comforting Pre-Bedtime Activity	Repeat any activity from Week 3	
4	Be Energy Efficient	Recycle	Reduce Water Waste	Declutter Your Space	Use Reusable	Repeat any activity from Week 4	

TOTAL NUMBER OF POINTS EARNED FOR ALL 4 WEEKS	
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