













My Healthy Choices!

Choosing Wellness Every Day!

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Physical Activity 4 points per 10,000 steps Goal: 10,000 steps per day							
 Fresh Fruits & Vegetables 1 point per serving Goal: 2-4 fruits and 5 vegetables per day							
 Mindful Eating At the table - no distractions - 1 point per meal Goal: 1 meal per day							
 Sleep 1 point for 7-9 hours Goal: 7-9 hours per night							
 Wash Hands 1 point per wash Goal: Before each meal							
 Free Your Space 1 point / 5 minutes of tidying or organizing Goal: 3 points per day							
 Drink Water (preferably cups, not bottled) 1/2 your body weight in ounces - 4 Points Goal: 4 Points							
 Thank You (write a note or send an email) 1 point per note Goal: 2 notes per day							
 Get Outside (Play, read, eat) - 1 point per outing Goal: 1 outing per day							
 Gratitude Write down 5 things you're grateful for - 3 Points Goal: 1 time per day							
	TOTAL: <input type="text"/>	TOTAL: <input type="text"/>	TOTAL: <input type="text"/>	TOTAL: <input type="text"/>	TOTAL: <input type="text"/>	TOTAL: <input type="text"/>	TOTAL: <input type="text"/>

How To Play...

TOTAL YOUR POINTS AT THE END OF EACH DAY (SLEEP POINT WOULD COME FROM THE NIGHT BEFORE)

AT THE END OF THE WEEK, TOTAL UP EACH DAY'S POINTS

SCORING

30 points per day, 7 days per week (total of 210 points/week) earns a weekly reward, such as...

- Choice of favorite meal
- Choice of movie or movie rental
- Spend 30 minutes doing something you love (reading, gardening, painting, etc.)
- Get a pedicure, manicure or facial
- Get a massage or acupuncture
- Call a friend you haven't talked to in a while
- Go to bed early
- Take a nap
- Have lunch with a friend
- Play a round of golf
- Enjoy uninterrupted guy or girl time
- Go fishing
- Have game or card night with friends
- Go shopping
- Have date night with your significant other
- Take a hike
- Take a field trip

(Park, Zoo, Arboretum, Aquarium, Crown Center, Powell Gardens, Theatre in the Park, Starlight, Flint Hills, Weston)