

Power Panther Professionals Wellness Challenge

Weekly Log

DAY	EAT SMART						PLAY HARD	EDUCATION	BONUS POINTS	BONUS POINTS
	Water	Fruits	Vegetables	Low-Fat Dairy	Whole Grains	Breakfast	Activity	Power Point Presentation	On-Line Tracking	Exercise With A Friend
	5-8 Glasses/Day	2/Day	3/Day	3/Day	3/Day	Daily	30-60 Min/Day	Web x1/Week	Super Tracker or Fitness Pal	Each day will go toward bonus Pt.
Mon										
Tues										
Wed										
Thur										
Fri										
Sat										
Sun										
Weekly Totals										

***Earn Weekly Power Points for each of the completed categories**

Keep track of daily progress - checkmark categories:

Below is for guideline only See handout on Vegetables and Fruits for more clarification

Drink 8 oz water	Consume 1 c. fruit	Consume 1 c. vegetables	Consume 1 c. lowfat dairy	Consume 1 serving whole grains
Eat breakfast	15 min. physical activity	New PPP each week online	Bonus -Use online tracker	Bonus-Exercise w a friend