

Individual Score Sheet: WEEK ending _____

NSCC Wellness Competition 2009

Team Name: _____

Your Name: _____

		Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Totals
Personal Growth Environmental Wellness	Volunteering - 2 points per hour								
	Recycle - 1 point per day								
	Stress management practice - 1 point per session, 1point/day max Progressive muscle relaxation here	X	X	X	X	X	X	X	X
	Alone time - 1 point per hour, 1 point per day max								
	10-point BONUS available								
<input type="text"/>									
Nutrition	Eat breakfast - 1 point per day								
	No more than 2 caffeine servings per day - 1 point per day								
	Low Fat/Low Sugar diet - 1 point each, 2 points/day max								
	Eight 8-ounce cups of fluid - 1 point per day								
	Five servings of fruits and vegetables a day - 2 points/day								
	At least 3 additional sources of fiber per day - 1 point/day								
<input type="text"/>									
Social Health	Socializing - 1 point per 1/2 hour, 1 point/day max								
	ringing healthy snacks to your department/area/team - 2 points per day, twice/week max	X	X	X	X	X	X	X	X
<input type="text"/>									
Lifelong Learning	Participate in the Wellness Fair - 5 points								
	Read for 30 minutes - 1 point per day								
	Participate in a TLC offering or other campus event/workshop - 1 pt/session, 1pt/day max								
	Taking a class - 1 point per class period, 1 point/day max								
<input type="text"/>									
Personal Responsibility	Blood pressure check - 1 point, 2 points/6wks max								
	Blood cholesterol check - 1 point, 2 points/6wks max								
	Blood sugar check - 1 point, 2 points/6wks max								
	Quit smoking (applies to smokers only) - 2 points per day without tobacco								
	No use of tobacco (applies to non-smokers) - 1 point a day								
	Sleep at least seven hours per day (naps included) - 1 point per day								
	Brush and floss daily - 1/2 point for each per day, 1 point/day max								
	Wear seatbelt every time in moving vehicle (driver or passanger) - 1 point per day								
	If using cell phone in car, use hands free device when driving - 1 point per day								
	Wash hands with soap regularly - Be a Germ Buster downloadable flyers - 1 point per day	X	X	X	X	X	X	X	X
Obtain body mass index - 1 point, 2points/6wks max	X	X	X	X	X	X	X	X	
<input type="text"/>									
Physical Activity	Aerobic physical activity - 2 points/day, 10 points/wk max View ACSM/AHA guidelines here	X	X	X	X	X	X	X	X
	Calculate calories burned via Web MD (McArdle, Katch & Katch)	X	X	X	X	X	X	X	X
	Resistance training (includes Pilates) - 2 points per day, 8 points/wk max View ACSM/AHA guidelines here	X	X	X	X	X	X	X	X
	Stretching - 2 points per day, 8 points/wk max								
<input type="text"/>									
Save and return as an attachment to your team captain BEFORE NOON MONDAY.									<input type="text"/>
Grand total									<input type="text"/>