



REEDCHIROPRACTIC
6 Week Wellness Challenge

2012 Goal Sheet

I, _____, am starting this 6 Week Wellness Challenge because I want to be _____ for my _____ and have committed to giving up _____ for the next 6 weeks. I understand that it is going to take a lot of willpower and discipline to accomplish this but I am willing to do the work necessary. I will also be wearing a pedometer for the next 6 weeks and am going to try to get 10,000 steps at least 6 out of 7 days a week. If I have struggles I will not quit, I will just try harder the next day and understand that any healthy changes I make are more than I am doing now.

Signed, _____

How To Score Your Wellness Points: (Rules of the Game)

Each day, keep track of your points by using the checklist. Make sure to write notes about what you did that day so that you can personally track your progress. At the end of each week total your checkmarks and enter them at the bottom of the page.

Remember that you only need to walk 6 days a week to meet your wellness points, but that you can use your extra day for a make-up point if you miss a night of sleep for example. However you cannot use another point to make up for your walking points.

Even if you score a "perfect" score of 35, you can only count 34 of those points at the bottom of the page towards your final score. Use the example to the right to guide your scoring.

At the beginning of Week 2, we will e-mail you to get your points, or get them from you if you are coming in for an appointment. This is also a good time to share your biggest accomplishment of the week (Maybe you did 12,000 steps one day, or you tried a new interesting fruit or vegetable.) We want to be able to not only post your total points but post ideas from you to motivate others.

At the end of the six weeks, add up each point total from each week plus your total number of steps so we can graph your progress on our map to Rocky Point.

Reed Chiropractic 6 Week Wellness Challenge
Week 1: September 1 – September 7

Monday September 1:

- Movement: 10,000 steps
- Nourishment: 1 fruit, 1 veggie, water - .5oz/lbs.
- Rest: Minimum of 7 hours of sleep
- Mental Wellbeing: Positive actions/Stress Reduction
- Chiropractic: Maintaining current treatment schedule

of steps taken today: 9,720
Fruit: Apple Vegetable: CARROTS H₂O: 84 oz.
of hours slept: 8
Meditation - 10 minutes

Tuesday September 2:

- Movement: 10,000 steps
- Nourishment: 1 fruit, 1 veggie, water - .5oz/lbs.
- Rest: Minimum of 7 hours of sleep
- Mental Wellbeing: Positive actions/Stress Reduction
- Chiropractic: Maintaining current treatment schedule

of steps taken today: 11,217
Fruit: Apple Vegetable: Salad H₂O: 76 oz.
of hours slept: 7.5
paid for a co-workers coffee

Wednesday September 3:

- Movement: 10,000 steps
- Nourishment: 1 fruit, 1 veggie, water - .5oz/lbs.
- Rest: Minimum of 7 hours of sleep
- Mental Wellbeing: Positive actions/Stress Reduction
- Chiropractic: Maintaining current treatment schedule

of steps taken today: 10,111
Fruit: apple Vegetable: Celery H₂O: 82 oz.
of hours slept: 10.5
got a massage today

Thursday September 4:

- Movement: 10,000 steps
- Nourishment: 1 fruit, 1 veggie, water - .5oz/lbs.
- Rest: Minimum of 7 hours of sleep
- Mental Wellbeing: Positive actions/Stress Reduction
- Chiropractic: Maintaining current treatment schedule

of steps taken today: 10,762
Fruit: banana Vegetable: broccoli H₂O: 80 oz.
of hours slept: 9
sent a card to a friend

Friday September 5:

- Movement: 10,000 steps
- Nourishment: 1 fruit, 1 veggie, water - .5oz/lbs.
- Rest: Minimum of 7 hours of sleep
- Mental Wellbeing: Positive actions/Stress Reduction
- Chiropractic: Maintaining current treatment schedule

of steps taken today: 12,163
Fruit: Tomato Vegetable: onion H₂O: 96 oz.
of hours slept: 8
Gardening

Saturday September 6:

- Movement: 10,000 steps
- Nourishment: 1 fruit, 1 veggie, water - .5oz/lbs.
- Rest: Minimum of 7 hours of sleep
- Mental Wellbeing: Positive actions/Stress Reduction
- Chiropractic: Maintaining current treatment schedule

of steps taken today: 10,084
Fruit: apple Vegetable: _____ H₂O: 73 oz.
of hours slept: 8
read a book

Sunday September 7:

- Movement: 10,000 steps
- Nourishment: 1 fruit, 1 veggie, water - .5oz/lbs.
- Rest: Minimum of 7 hours of sleep
- Mental Wellbeing: Positive actions/Stress Reduction
- Chiropractic: Maintaining current treatment schedule

of steps taken today: 11,013
Fruit: banana Vegetable: potato H₂O: 96 oz.
of hours slept: 8
Church

32/34 points for Week 1

One way to become enthusiastic is to look for the plus sign. To make progress in any difficult situation, you have to start with what's right about it and build on that. -Norman Vincent Peale

Points Breakdown:

6 Week Challenge Points		Total Points Possible	Points to get a ticket into the prize pool: (90%)
204		204	192

Also remember that the person who has improved their commitment to a healthy lifestyle the most (determined by the Reed Chiropractic staff) will be chosen to win an additional 5 tickets into the prize pool.

If at any time you have any questions about how to score your points or any other question related to the contest, please do not hesitate to contact us. We want you to be as successful as you can be during this challenge so that you feel better Physically, Mentally and Socially! Good Luck!

Reed Chiropractic 6 Week Wellness Challenge
Week 1: January 16 - January 22

Monday January 16:

- Movement: 10,000 steps or 5,000 steps 20 min/Ex
- Nourishment: 1 fruit, 1 veggie, water - .5oz/lbs.

- Rest: Minimum of 7 hours of sleep
- Mental Wellbeing: Positive actions/Stress Reduction
- Chiropractic: Maintaining current treatment schedule

of steps taken today: _____ / Exercise: _____
Fruit: _____ Vegetable: _____ H₂O: _____ oz.
Smallest meal at dinner Yes No
of hours slept: _____

Tuesday January 17:

- Movement: 10,000 steps or 5,000 steps 20 min/Ex
- Nourishment: 1 fruit, 1 veggie, water - .5oz/lbs.

- Rest: Minimum of 7 hours of sleep
- Mental Wellbeing: Positive actions/Stress Reduction
- Chiropractic: Maintaining current treatment schedule

of steps taken today: _____ / Exercise: _____
Fruit: _____ Vegetable: _____ H₂O: _____ oz.
Smallest meal at dinner Yes No
of hours slept: _____

Wednesday January 18:

- Movement: 10,000 steps or 5,000 steps 20 min/Ex
- Nourishment: 1 fruit, 1 veggie, water - .5oz/lbs.

- Rest: Minimum of 7 hours of sleep
- Mental Wellbeing: Positive actions/Stress Reduction
- Chiropractic: Maintaining current treatment schedule

of steps taken today: _____ / Exercise: _____
Fruit: _____ Vegetable: _____ H₂O: _____ oz.
Smallest meal at dinner Yes No
of hours slept: _____

Thursday January 19:

- Movement: 10,000 steps or 5,000 steps 20 min/Ex
- Nourishment: 1 fruit, 1 veggie, water - .5oz/lbs.

- Rest: Minimum of 7 hours of sleep
- Mental Wellbeing: Positive actions/Stress Reduction
- Chiropractic: Maintaining current treatment schedule

of steps taken today: _____ / Exercise: _____
Fruit: _____ Vegetable: _____ H₂O: _____ oz.
Smallest meal at dinner Yes No
of hours slept: _____

Friday January 20:

- Movement: 10,000 steps or 5,000 steps 20 min/Ex
- Nourishment: 1 fruit, 1 veggie, water - .5oz/lbs.

- Rest: Minimum of 7 hours of sleep
- Mental Wellbeing: Positive actions/Stress Reduction
- Chiropractic: Maintaining current treatment schedule

of steps taken today: _____ / Exercise: _____
Fruit: _____ Vegetable: _____ H₂O: _____ oz.
Smallest meal at dinner Yes No
of hours slept: _____

Saturday January 21:

- Movement: 10,000 steps or 5,000 steps 20 min/Ex
- Nourishment: 1 fruit, 1 veggie, water - .5oz/lbs.

- Rest: Minimum of 7 hours of sleep
- Mental Wellbeing: Positive actions/Stress Reduction
- Chiropractic: Maintaining current treatment schedule

of steps taken today: _____ / Exercise: _____
Fruit: _____ Vegetable: _____ H₂O: _____ oz.
Smallest meal at dinner Yes No
of hours slept: _____

Sunday January 22:

- Movement: 10,000 steps or 5,000 steps 20 min/Ex
- Nourishment: 1 fruit, 1 veggie, water - .5oz/lbs.

- Rest: Minimum of 7 hours of sleep
- Mental Wellbeing: Positive actions/Stress Reduction
- Chiropractic: Maintaining current treatment schedule

of steps taken today: _____ / Exercise: _____
Fruit: _____ Vegetable: _____ H₂O: _____ oz.
Smallest meal at dinner Yes No
of hours slept: _____

_____ / 34 points for Week 1 _____ / Total Steps for Week 1

Reed Chiropractic 6 Week Wellness Challenge
Week 2: January 23 - January 29

Monday January 23:

- Movement: 10,000 steps or 5,000 steps 20 min/Ex
- Nourishment: 1 fruit, 1 veggie, water - .5oz/lbs.

- Rest: Minimum of 7 hours of sleep
- Mental Wellbeing: Positive actions/Stress Reduction
- Chiropractic: Maintaining current treatment schedule

of steps taken today: _____ / Exercise: _____
Fruit: _____ Vegetable: _____ H₂O: _____ oz.
Smallest meal at dinner Yes No
of hours slept: _____

Tuesday January 24:

- Movement: 10,000 steps or 5,000 steps 20 min/Ex
- Nourishment: 1 fruit, 1 veggie, water - .5oz/lbs.

- Rest: Minimum of 7 hours of sleep
- Mental Wellbeing: Positive actions/Stress Reduction
- Chiropractic: Maintaining current treatment schedule

of steps taken today: _____ / Exercise: _____
Fruit: _____ Vegetable: _____ H₂O: _____ oz.
Smallest meal at dinner Yes No
of hours slept: _____

Wednesday January 25:

- Movement: 10,000 steps or 5,000 steps 20 min/Ex
- Nourishment: 1 fruit, 1 veggie, water - .5oz/lbs.

- Rest: Minimum of 7 hours of sleep
- Mental Wellbeing: Positive actions/Stress Reduction
- Chiropractic: Maintaining current treatment schedule

of steps taken today: _____ / Exercise: _____
Fruit: _____ Vegetable: _____ H₂O: _____ oz.
Smallest meal at dinner Yes No
of hours slept: _____

Thursday January 26:

- Movement: 10,000 steps or 5,000 steps 20 min/Ex
- Nourishment: 1 fruit, 1 veggie, water - .5oz/lbs.

- Rest: Minimum of 7 hours of sleep
- Mental Wellbeing: Positive actions/Stress Reduction
- Chiropractic: Maintaining current treatment schedule

of steps taken today: _____ / Exercise: _____
Fruit: _____ Vegetable: _____ H₂O: _____ oz.
Smallest meal at dinner Yes No
of hours slept: _____

Friday January 27:

- Movement: 10,000 steps or 5,000 steps 20 min/Ex
- Nourishment: 1 fruit, 1 veggie, water - .5oz/lbs.

- Rest: Minimum of 7 hours of sleep
- Mental Wellbeing: Positive actions/Stress Reduction
- Chiropractic: Maintaining current treatment schedule

of steps taken today: _____ / Exercise: _____
Fruit: _____ Vegetable: _____ H₂O: _____ oz.
Smallest meal at dinner Yes No
of hours slept: _____

Saturday January 28:

- Movement: 10,000 steps or 5,000 steps 20 min/Ex
- Nourishment: 1 fruit, 1 veggie, water - .5oz/lbs.

- Rest: Minimum of 7 hours of sleep
- Mental Wellbeing: Positive actions/Stress Reduction
- Chiropractic: Maintaining current treatment schedule

of steps taken today: _____ / Exercise: _____
Fruit: _____ Vegetable: _____ H₂O: _____ oz.
Smallest meal at dinner Yes No
of hours slept: _____

Sunday January 29:

- Movement: 10,000 steps or 5,000 steps 20 min/Ex
- Nourishment: 1 fruit, 1 veggie, water - .5oz/lbs.

- Rest: Minimum of 7 hours of sleep
- Mental Wellbeing: Positive actions/Stress Reduction
- Chiropractic: Maintaining current treatment schedule

of steps taken today: _____ / Exercise: _____
Fruit: _____ Vegetable: _____ H₂O: _____ oz.
Smallest meal at dinner Yes No
of hours slept: _____

_____ / 34 points for Week 2 _____ / Total Steps for Week 2

Reed Chiropractic 6 Week Wellness Challenge
Week 3: January 30 - February 5

Monday January 30:

- Movement: 10,000 steps or 5,000 steps 20 min/Ex
- Nourishment: 1 fruit, 1 veggie, water - .5oz/lbs.

- Rest: Minimum of 7 hours of sleep
- Mental Wellbeing: Positive actions/Stress Reduction
- Chiropractic: Maintaining current treatment schedule

of steps taken today: _____ / Exercise: _____
Fruit: _____ Vegetable: _____ H₂O: _____ oz.
Smallest meal at dinner Yes No
of hours slept: _____

Tuesday January 31:

- Movement: 10,000 steps or 5,000 steps 20 min/Ex
- Nourishment: 1 fruit, 1 veggie, water - .5oz/lbs.

- Rest: Minimum of 7 hours of sleep
- Mental Wellbeing: Positive actions/Stress Reduction
- Chiropractic: Maintaining current treatment schedule

of steps taken today: _____ / Exercise: _____
Fruit: _____ Vegetable: _____ H₂O: _____ oz.
Smallest meal at dinner Yes No
of hours slept: _____

Wednesday February 1:

- Movement: 10,000 steps or 5,000 steps 20 min/Ex
- Nourishment: 1 fruit, 1 veggie, water - .5oz/lbs.

- Rest: Minimum of 7 hours of sleep
- Mental Wellbeing: Positive actions/Stress Reduction
- Chiropractic: Maintaining current treatment schedule

of steps taken today: _____ / Exercise: _____
Fruit: _____ Vegetable: _____ H₂O: _____ oz.
Smallest meal at dinner Yes No
of hours slept: _____

Thursday February 2:

- Movement: 10,000 steps or 5,000 steps 20 min/Ex
- Nourishment: 1 fruit, 1 veggie, water - .5oz/lbs.

- Rest: Minimum of 7 hours of sleep
- Mental Wellbeing: Positive actions/Stress Reduction
- Chiropractic: Maintaining current treatment schedule

of steps taken today: _____ / Exercise: _____
Fruit: _____ Vegetable: _____ H₂O: _____ oz.
Smallest meal at dinner Yes No
of hours slept: _____

Friday February 3:

- Movement: 10,000 steps or 5,000 steps 20 min/Ex
- Nourishment: 1 fruit, 1 veggie, water - .5oz/lbs.

- Rest: Minimum of 7 hours of sleep
- Mental Wellbeing: Positive actions/Stress Reduction
- Chiropractic: Maintaining current treatment schedule

of steps taken today: _____ / Exercise: _____
Fruit: _____ Vegetable: _____ H₂O: _____ oz.
Smallest meal at dinner Yes No
of hours slept: _____

Saturday February 4:

- Movement: 10,000 steps or 5,000 steps 20 min/Ex
- Nourishment: 1 fruit, 1 veggie, water - .5oz/lbs.

- Rest: Minimum of 7 hours of sleep
- Mental Wellbeing: Positive actions/Stress Reduction
- Chiropractic: Maintaining current treatment schedule

of steps taken today: _____ / Exercise: _____
Fruit: _____ Vegetable: _____ H₂O: _____ oz.
Smallest meal at dinner Yes No
of hours slept: _____

Sunday February 5:

- Movement: 10,000 steps or 5,000 steps 20 min/Ex
- Nourishment: 1 fruit, 1 veggie, water - .5oz/lbs.

- Rest: Minimum of 7 hours of sleep
- Mental Wellbeing: Positive actions/Stress Reduction
- Chiropractic: Maintaining current treatment schedule

of steps taken today: _____ / Exercise: _____
Fruit: _____ Vegetable: _____ H₂O: _____ oz.
Smallest meal at dinner Yes No
of hours slept: _____

_____ / 34 points for Week 3 _____ / Total Steps for Week 3

Reed Chiropractic 6 Week Wellness Challenge
Week 4: February 6 - February 12

Monday February 6:

- Movement: 10,000 steps or 5,000 steps 20 min/Ex
- Nourishment: 1 fruit, 1 veggie, water - .5oz/lbs.

- Rest: Minimum of 7 hours of sleep
- Mental Wellbeing: Positive actions/Stress Reduction
- Chiropractic: Maintaining current treatment schedule

of steps taken today: _____ / Exercise: _____
Fruit: _____ Vegetable: _____ H₂O: _____ oz.
Smallest meal at dinner Yes No
of hours slept: _____

Tuesday February 7:

- Movement: 10,000 steps or 5,000 steps 20 min/Ex
- Nourishment: 1 fruit, 1 veggie, water - .5oz/lbs.

- Rest: Minimum of 7 hours of sleep
- Mental Wellbeing: Positive actions/Stress Reduction
- Chiropractic: Maintaining current treatment schedule

of steps taken today: _____ / Exercise: _____
Fruit: _____ Vegetable: _____ H₂O: _____ oz.
Smallest meal at dinner Yes No
of hours slept: _____

Wednesday February 8:

- Movement: 10,000 steps or 5,000 steps 20 min/Ex
- Nourishment: 1 fruit, 1 veggie, water - .5oz/lbs.

- Rest: Minimum of 7 hours of sleep
- Mental Wellbeing: Positive actions/Stress Reduction
- Chiropractic: Maintaining current treatment schedule

of steps taken today: _____ / Exercise: _____
Fruit: _____ Vegetable: _____ H₂O: _____ oz.
Smallest meal at dinner Yes No
of hours slept: _____

Thursday February 9:

- Movement: 10,000 steps or 5,000 steps 20 min/Ex
- Nourishment: 1 fruit, 1 veggie, water - .5oz/lbs.

- Rest: Minimum of 7 hours of sleep
- Mental Wellbeing: Positive actions/Stress Reduction
- Chiropractic: Maintaining current treatment schedule

of steps taken today: _____ / Exercise: _____
Fruit: _____ Vegetable: _____ H₂O: _____ oz.
Smallest meal at dinner Yes No
of hours slept: _____

Friday February 10:

- Movement: 10,000 steps or 5,000 steps 20 min/Ex
- Nourishment: 1 fruit, 1 veggie, water - .5oz/lbs.

- Rest: Minimum of 7 hours of sleep
- Mental Wellbeing: Positive actions/Stress Reduction
- Chiropractic: Maintaining current treatment schedule

of steps taken today: _____ / Exercise: _____
Fruit: _____ Vegetable: _____ H₂O: _____ oz.
Smallest meal at dinner Yes No
of hours slept: _____

Saturday February 11:

- Movement: 10,000 steps or 5,000 steps 20 min/Ex
- Nourishment: 1 fruit, 1 veggie, water - .5oz/lbs.

- Rest: Minimum of 7 hours of sleep
- Mental Wellbeing: Positive actions/Stress Reduction
- Chiropractic: Maintaining current treatment schedule

of steps taken today: _____ / Exercise: _____
Fruit: _____ Vegetable: _____ H₂O: _____ oz.
Smallest meal at dinner Yes No
of hours slept: _____

Sunday February 12:

- Movement: 10,000 steps or 5,000 steps 20 min/Ex
- Nourishment: 1 fruit, 1 veggie, water - .5oz/lbs.

- Rest: Minimum of 7 hours of sleep
- Mental Wellbeing: Positive actions/Stress Reduction
- Chiropractic: Maintaining current treatment schedule

of steps taken today: _____ / Exercise: _____
Fruit: _____ Vegetable: _____ H₂O: _____ oz.
Smallest meal at dinner Yes No
of hours slept: _____

_____ / 34 points for Week 4 _____ / Total Steps for Week 4

Reed Chiropractic 6 Week Wellness Challenge
Week 5: February 13 - February 19

Monday February 13:

- Movement: 10,000 steps or 5,000 steps 20 min/Ex
- Nourishment: 1 fruit, 1 veggie, water - .5oz/lbs.

- Rest: Minimum of 7 hours of sleep
- Mental Wellbeing: Positive actions/Stress Reduction
- Chiropractic: Maintaining current treatment schedule

of steps taken today: _____ / Exercise: _____
Fruit: _____ Vegetable: _____ H₂O: _____ oz.
Smallest meal at dinner Yes No
of hours slept: _____

Tuesday February 14:

- Movement: 10,000 steps or 5,000 steps 20 min/Ex
- Nourishment: 1 fruit, 1 veggie, water - .5oz/lbs.

- Rest: Minimum of 7 hours of sleep
- Mental Wellbeing: Positive actions/Stress Reduction
- Chiropractic: Maintaining current treatment schedule

of steps taken today: _____ / Exercise: _____
Fruit: _____ Vegetable: _____ H₂O: _____ oz.
Smallest meal at dinner Yes No
of hours slept: _____

Wednesday February 15:

- Movement: 10,000 steps or 5,000 steps 20 min/Ex
- Nourishment: 1 fruit, 1 veggie, water - .5oz/lbs.

- Rest: Minimum of 7 hours of sleep
- Mental Wellbeing: Positive actions/Stress Reduction
- Chiropractic: Maintaining current treatment schedule

of steps taken today: _____ / Exercise: _____
Fruit: _____ Vegetable: _____ H₂O: _____ oz.
Smallest meal at dinner Yes No
of hours slept: _____

Thursday February 16:

- Movement: 10,000 steps or 5,000 steps 20 min/Ex
- Nourishment: 1 fruit, 1 veggie, water - .5oz/lbs.

- Rest: Minimum of 7 hours of sleep
- Mental Wellbeing: Positive actions/Stress Reduction
- Chiropractic: Maintaining current treatment schedule

of steps taken today: _____ / Exercise: _____
Fruit: _____ Vegetable: _____ H₂O: _____ oz.
Smallest meal at dinner Yes No
of hours slept: _____

Friday February 17:

- Movement: 10,000 steps or 5,000 steps 20 min/Ex
- Nourishment: 1 fruit, 1 veggie, water - .5oz/lbs.

- Rest: Minimum of 7 hours of sleep
- Mental Wellbeing: Positive actions/Stress Reduction
- Chiropractic: Maintaining current treatment schedule

of steps taken today: _____ / Exercise: _____
Fruit: _____ Vegetable: _____ H₂O: _____ oz.
Smallest meal at dinner Yes No
of hours slept: _____

Saturday February 18:

- Movement: 10,000 steps or 5,000 steps 20 min/Ex
- Nourishment: 1 fruit, 1 veggie, water - .5oz/lbs.

- Rest: Minimum of 7 hours of sleep
- Mental Wellbeing: Positive actions/Stress Reduction
- Chiropractic: Maintaining current treatment schedule

of steps taken today: _____ / Exercise: _____
Fruit: _____ Vegetable: _____ H₂O: _____ oz.
Smallest meal at dinner Yes No
of hours slept: _____

Sunday February 19:

- Movement: 10,000 steps or 5,000 steps 20 min/Ex
- Nourishment: 1 fruit, 1 veggie, water - .5oz/lbs.

- Rest: Minimum of 7 hours of sleep
- Mental Wellbeing: Positive actions/Stress Reduction
- Chiropractic: Maintaining current treatment schedule

of steps taken today: _____ / Exercise: _____
Fruit: _____ Vegetable: _____ H₂O: _____ oz.
Smallest meal at dinner Yes No
of hours slept: _____

_____ / 34 points for Week 5 _____ / Total Steps for Week 5

Reed Chiropractic 6 Week Wellness Challenge

Week 6: February 20 - February 27

Monday February 20:

- Movement: 10,000 steps or 5,000 steps 20 min/Ex
- Nourishment: 1 fruit, 1 veggie, water - .5oz/lbs.

- Rest: Minimum of 7 hours of sleep
- Mental Wellbeing: Positive actions/Stress Reduction
- Chiropractic: Maintaining current treatment schedule

of steps taken today: _____ / Exercise: _____
Fruit: _____ Vegetable: _____ H₂O: _____ oz.
Smallest meal at dinner Yes No
of hours slept: _____

Tuesday February 21:

- Movement: 10,000 steps or 5,000 steps 20 min/Ex
- Nourishment: 1 fruit, 1 veggie, water - .5oz/lbs.

- Rest: Minimum of 7 hours of sleep
- Mental Wellbeing: Positive actions/Stress Reduction
- Chiropractic: Maintaining current treatment schedule

of steps taken today: _____ / Exercise: _____
Fruit: _____ Vegetable: _____ H₂O: _____ oz.
Smallest meal at dinner Yes No
of hours slept: _____

Wednesday February 22:

- Movement: 10,000 steps or 5,000 steps 20 min/Ex
- Nourishment: 1 fruit, 1 veggie, water - .5oz/lbs.

- Rest: Minimum of 7 hours of sleep
- Mental Wellbeing: Positive actions/Stress Reduction
- Chiropractic: Maintaining current treatment schedule

of steps taken today: _____ / Exercise: _____
Fruit: _____ Vegetable: _____ H₂O: _____ oz.
Smallest meal at dinner Yes No
of hours slept: _____

Thursday February 23:

- Movement: 10,000 steps or 5,000 steps 20 min/Ex
- Nourishment: 1 fruit, 1 veggie, water - .5oz/lbs.

- Rest: Minimum of 7 hours of sleep
- Mental Wellbeing: Positive actions/Stress Reduction
- Chiropractic: Maintaining current treatment schedule

of steps taken today: _____ / Exercise: _____
Fruit: _____ Vegetable: _____ H₂O: _____ oz.
Smallest meal at dinner Yes No
of hours slept: _____

Friday February 24:

- Movement: 10,000 steps or 5,000 steps 20 min/Ex
- Nourishment: 1 fruit, 1 veggie, water - .5oz/lbs.

- Rest: Minimum of 7 hours of sleep
- Mental Wellbeing: Positive actions/Stress Reduction
- Chiropractic: Maintaining current treatment schedule

of steps taken today: _____ / Exercise: _____
Fruit: _____ Vegetable: _____ H₂O: _____ oz.
Smallest meal at dinner Yes No
of hours slept: _____

Saturday February 25:

- Movement: 10,000 steps or 5,000 steps 20 min/Ex
- Nourishment: 1 fruit, 1 veggie, water - .5oz/lbs.

- Rest: Minimum of 7 hours of sleep
- Mental Wellbeing: Positive actions/Stress Reduction
- Chiropractic: Maintaining current treatment schedule

of steps taken today: _____ / Exercise: _____
Fruit: _____ Vegetable: _____ H₂O: _____ oz.
Smallest meal at dinner Yes No
of hours slept: _____

Sunday February 26:

- Movement: 10,000 steps or 5,000 steps 20 min/Ex
- Nourishment: 1 fruit, 1 veggie, water - .5oz/lbs.

- Rest: Minimum of 7 hours of sleep
- Mental Wellbeing: Positive actions/Stress Reduction
- Chiropractic: Maintaining current treatment schedule

of steps taken today: _____ / Exercise: _____
Fruit: _____ Vegetable: _____ H₂O: _____ oz.
Smallest meal at dinner Yes No
of hours slept: _____

_____ / 34 points for Week 6 _____ / Total Steps for Week 6



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6 Week Wellness Challenge

Final Score Sheet

1) Total Points _____ / 204 = _____ %

2) Total Steps _____

3) I made it to Rocky Point on _____
(450,000 to Rocky Point)

4) I gave up _____ for 6 weeks!

5) I had my smallest meal at dinner 5/7 nights a week for the entire 6 weeks of the challenge. Yes No

6) I did the 10 day "Master Cleanse." Yes No

Total Wellness Challenge Success Score 1-6? _____

I hereby sign this score sheet stating that I have followed the rules of this 6 week challenge and am eligible for the prizes offered with this challenge.

Signature and date