



REEDCHIROPRACTIC
6 Week Wellness Challenge

2013 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 points and enter them at the bottom of the page.

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 point totals from each week plus your total number of steps.

Also remember that the person who has improved in their commitment to a healthy lifestyle the most (determined by the Reed Chiropractic staff) will be chosen to win the "Most Improved" prize.

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!

Reed Chiropractic 6 Week Wellness Challenge
Week 1: January 14-January 20

<p>Monday January 14</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Movement: 10,000 steps or Equivalent <input checked="" type="checkbox"/> Nourishment: Fruits & Veggies; Water 6-8 glasses <input checked="" type="checkbox"/> Rest: Hours of Sleep-Goal: 6-8 hours <input checked="" type="checkbox"/> Mental Wellbeing: Positive Actions/Stress Reduction <input checked="" type="checkbox"/> Chiropractic: Maintain Current Treatment Schedule 	<p># Steps: <u>10,000</u>/Exercise: <u>-</u> Pts. <u>2</u> # Fruits: <u>1</u> # Veggies: <u>1</u> H2O <u>1</u> pt # Hours of Sleep: <u>6</u> (max=8) <input checked="" type="checkbox"/> Yes = 1 pt <input type="checkbox"/> No = 0 pts Total Points: <u>13</u></p>
<p>Tuesday January 15</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Movement: 10,000 steps or Equivalent <input checked="" type="checkbox"/> Nourishment: Fruit & Veggies; Water 6-8 glasses <input checked="" type="checkbox"/> Rest: Hours of Sleep-Goal: 6-8 hours <input checked="" type="checkbox"/> Mental Wellbeing: Positive Actions/Stress Reduction <input checked="" type="checkbox"/> Chiropractic: Maintain Current Treatment Schedule 	<p># Steps: <u>12,000</u>/Exercise: <u>-</u> Pts. <u>3</u> # Fruits: <u>1</u> # Veggies: <u>2</u> H2O <u>1</u> pt # Hours of Sleep: <u>6</u> (max=8) <input checked="" type="checkbox"/> Yes = 1 pt <input type="checkbox"/> No = 0 pts Total Points: <u>15</u></p>
<p>Wednesday January 16</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Movement: 10,000 steps or Equivalent <input checked="" type="checkbox"/> Nourishment: Fruits & Veggies; Water 6-8 glasses <input checked="" type="checkbox"/> Rest: Hours of Sleep-Goal: 6-8 hours <input checked="" type="checkbox"/> Mental Wellbeing: Positive Actions/Stress Reduction <input checked="" type="checkbox"/> Chiropractic: Maintain Current Treatment Schedule 	<p># Steps: <u>8,000</u>/Exercise: <u>-</u> Pts. <u>1</u> # Fruits: <u>1</u> # Veggies: <u>1</u> H2O <u>1</u> pt # Hours of Sleep: <u>7</u> (max=8) <input checked="" type="checkbox"/> Yes = 1 pt <input type="checkbox"/> No = 0 pts Total Points: <u>12</u></p>
<p>Thursday January 17</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Movement: 10,000 steps or Equivalent <input checked="" type="checkbox"/> Nourishment: Fruit & Veggies; Water 6-8 glasses <input checked="" type="checkbox"/> Rest: Hours of Sleep-Goal: 6-8 hours <input checked="" type="checkbox"/> Mental Wellbeing: Positive Actions/Stress Reduction <input checked="" type="checkbox"/> Chiropractic: Maintain Current Treatment Schedule 	<p># Steps: <u>10,000</u>/Exercise: <u>-</u> Pts. <u>2</u> # Fruits: <u>2</u> # Veggies: <u>2</u> H2O <u>1</u> pt # Hours of Sleep: <u>6</u> (max=8) <input checked="" type="checkbox"/> Yes = 1 pt <input type="checkbox"/> No = 0 pts Total Points: <u>15</u></p>
<p>Friday January 18</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Movement: 10,000 steps or Equivalent <input checked="" type="checkbox"/> Nourishment: Fruit & Veggies; Water 6-8 glasses <input checked="" type="checkbox"/> Rest: Hours of Sleep-Goal: 6-8 hours <input checked="" type="checkbox"/> Mental Wellbeing: Positive Actions/Stress Reduction <input checked="" type="checkbox"/> Chiropractic: Maintain Current Treatment Schedule 	<p># Steps: <u>10,000</u>/Exercise: <u>-</u> Pts. <u>2</u> # Fruits: <u>1</u> # Veggies: <u>1</u> H2O <u>1</u> pt # Hours of Sleep: <u>6</u> (max=8) <input checked="" type="checkbox"/> Yes = 1 pt <input type="checkbox"/> No = 0 pts Total Points: <u>15</u></p>
<p>Saturday January 19</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Movement: 10,000 steps or Equivalent <input checked="" type="checkbox"/> Nourishment: Fruits & Veggies; Water 6-8 glasses <input checked="" type="checkbox"/> Rest: Hours of Sleep-Goal: 6-8 hours <input checked="" type="checkbox"/> Mental Wellbeing: Positive Actions/Stress Reduction <input checked="" type="checkbox"/> Chiropractic: Maintain Current Treatment Schedule 	<p># Steps: <u>11,000</u>/Exercise: <u>-</u> Pts. <u>2</u> # Fruits: <u>1</u> # Veggies: <u>2</u> H2O <u>1</u> pt # Hours of Sleep: <u>7</u> (max=8) <input checked="" type="checkbox"/> Yes = 1 pt <input type="checkbox"/> No = 0 pts Total Points: <u>17</u></p>
<p>Sunday January 20</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Movement: 10,000 steps or Equivalent <input checked="" type="checkbox"/> Nourishment: Fruit & Veggies; Water 6-8 glasses <input checked="" type="checkbox"/> Rest: Hours of Sleep-Goal: 6-8 hours <input checked="" type="checkbox"/> Mental Wellbeing: Positive Actions/Stress Reduction <input checked="" type="checkbox"/> Chiropractic: Maintain Current Treatment Schedule 	<p># Steps: <u>12,000</u>/Exercise: <u>-</u> Pts. <u>3</u> # Fruits: <u>2</u> # Veggies: <u>3</u> H2O <u>1</u> pt # Hours of Sleep: <u>6</u> (max=8) <input checked="" type="checkbox"/> Yes = 1 pt <input type="checkbox"/> No = 1 pt Total Points: <u>17</u></p>

Total Points Week 1: 102 Bronze= 87-100pts Silver= 101-128pts Gold= 129+pts
**Important: Only include points for "Movement" your best 6 out of 7 days.*

Movement: 8,000-9,999 steps=1pts/10,000-11,999=2pts/12,000-13,999=3pts/14,000+=4pts
 Fruit/Veggie: 1pt/serving Water: 1p Sleep: 1pt/hour Mental Wellbeing: 1pt Chiropractic: 1p

Don't count weakest day of movement in Totals

Challenge Categories

	BRONZE	SILVER	GOLD	TEAM
Weekly Goal	87-100	101-128	129+	3-Team Total
6-Week Goal	522-605	606-773	774+	3-Team Total

Reed Chiropractic 6 Week Wellness Challenge
 Week 1: January 14-January 20

Monday, January 14

- ‡ Movement: 10,000 steps or Equivalent
- ‡ Nourishment: Fruits & Veggies; Water 6-8 glasses
- ‡ Rest: Hours of Sleep-Goal: 6-8 hours
- ‡ Mental Wellbeing: Positive Actions/Stress Reduction
- ‡ Chiropractic: Maintain Current Treatment Schedule

Steps: _____/Exercise: _____ Pts. _____
 # Fruits: _____ # Veggies: _____ H2O = 1 pt
 # Hours of Sleep: _____ (max=8)
 ‡ Yes = 1 pt
 ‡ Yes = 1 pt ‡ No = 0 pts
Total Points: _____

Tuesday, January 15

- ‡ Movement: 10,000 steps or Equivalent
- ‡ Nourishment: Fruit & Veggies; Water 6-8 glasses
- ‡ Rest: Hours of Sleep-Goal: 6-8 hours
- ‡ Mental Wellbeing: Positive Actions/Stress Reduction
- ‡ Chiropractic: Maintain Current Treatment Schedule

Steps: _____/Exercise: _____ Pts. _____
 # Fruits: _____ # Veggies: _____ H2O = 1 pt
 # Hours of Sleep: _____ (max=8)
 ‡ Yes = 1 pt
 ‡ Yes = 1 pt ‡ No = 0 pts
Total Points: _____

Wednesday, January 16

- ‡ Movement: 10,000 steps or Equivalent
- ‡ Nourishment: Fruits & Veggies; Water 6-8 glasses
- ‡ Rest: Hours of Sleep-Goal: 6-8 hours
- ‡ Mental Wellbeing: Positive Actions/Stress Reduction
- ‡ Chiropractic: Maintain Current Treatment Schedule

Steps: _____/Exercise: _____ Pts. _____
 # Fruits: _____ # Veggies: _____ H2O = 1 pt
 # Hours of Sleep: _____ (max=8)
 ‡ Yes = 1 pt
 ‡ Yes = 1 pt ‡ No = 0 pts
Total Points: _____

Thursday, January 17

- ‡ Movement: 10,000 steps or Equivalent
- ‡ Nourishment: Fruit & Veggies; Water 6-8 glasses
- ‡ Rest: Hours of Sleep-Goal: 6-8 hours
- ‡ Mental Wellbeing: Positive Actions/Stress Reduction
- ‡ Chiropractic: Maintain Current Treatment Schedule

Steps: _____/Exercise: _____ Pts. _____
 # Fruits: _____ # Veggies: _____ H2O = 1 pt
 # Hours of Sleep: _____ (max=8)
 ‡ Yes = 1 pt
 ‡ Yes = 1 pt ‡ No = 0 pts
Total Points: _____

Friday, January 18

- ‡ Movement: 10,000 steps or Equivalent
- ‡ Nourishment: Fruit & Veggies; Water 6-8 glasses
- ‡ Rest: Hours of Sleep-Goal: 6-8 hours
- ‡ Mental Wellbeing: Positive Actions/Stress Reduction
- ‡ Chiropractic: Maintain Current Treatment Schedule

Steps: _____/Exercise: _____ Pts. _____
 # Fruits: _____ # Veggies: _____ H2O = 1 pt
 # Hours of Sleep: _____ (max=8)
 ‡ Yes = 1 pt
 ‡ Yes _____ ‡ No 0 pts
Total Points: _____

Saturday, January 19

- ‡ Movement: 10,000 steps or Equivalent
- ‡ Nourishment: Fruits & Veggies; Water 6-8 glasses
- ‡ Rest: Hours of Sleep-Goal: 6-8 hours
- ‡ Mental Wellbeing: Positive Actions/Stress Reduction
- ‡ Chiropractic: Maintain Current Treatment Schedule

Steps: _____/Exercise: _____ Pts. _____
 # Fruits: _____ # Veggies: _____ H2O = 1 pt
 # Hours of Sleep: _____ (max=8)
 ‡ Yes = 1 pt
 ‡ Yes = 1 pt ‡ No = 0 pt
Total Points: _____

Sunday, January 20

- ‡ Movement: 10,000 steps or Equivalent
- ‡ Nourishment: Fruit & Veggies; Water 6-8 glasses
- ‡ Rest: Hours of Sleep-Goal: 6-8 hours
- ‡ Mental Wellbeing: Positive Actions/Stress Reduction
- ‡ Chiropractic: Maintain Current Treatment Schedule

Steps: _____/Exercise: _____ Pts. _____
 # Fruits: _____ # Veggies: _____ H2O = 1 pt
 # Hours of Sleep: _____ (max=8)
 ‡ Yes = 1 pt
 ‡ Yes = 1 pt ‡ No = 1 pt
Total Points: _____

TOTAL POINTS Week 1: _____ **Bronze= 87-100pts Silver= 101-128pts Gold= 129+pts**

Important: **Only include points for "Movement" your best 6 out of 7 days.*

Movement: 8,000-9,999 steps=1pts/10,000-11,999=2pts/12,000-13,999=3pts/14,000+=4pts
Fruit/Veggie: 1pt/serving **Water:** 1p **Sleep:** 1pt/hour **Mental Wellbeing:** 1pt **Chiropractic:** 1p

Reed Chiropractic 6 Week Wellness Challenge
 Week 2: January 21-January 27

Monday, January 21

- ‡ Movement: 10,000 steps or Equivalent
- ‡ Nourishment: Fruits & Veggies; Water 6-8 glasses
- ‡ Rest: Hours of Sleep-Goal: 6-8 hours
- ‡ Mental Wellbeing: Positive Actions/Stress Reduction
- ‡ Chiropractic: Maintain Current Treatment Schedule

Steps: _____/Exercise: _____ Pts. _____
 # Fruits: _____ # Veggies: _____ H2O = 1 pt
 # Hours of Sleep: _____ (max=8)
 ‡ Yes = 1 pt
 ‡ Yes = 1 pt ‡ No = 0 pts
Total Points: _____

Tuesday, January 22

- ‡ Movement: 10,000 steps or Equivalent
- ‡ Nourishment: Fruit & Veggies; Water 6-8 glasses
- ‡ Rest: Hours of Sleep-Goal: 6-8 hours
- ‡ Mental Wellbeing: Positive Actions/Stress Reduction
- ‡ Chiropractic: Maintain Current Treatment Schedule

Steps: _____/Exercise: _____ Pts. _____
 # Fruits: _____ # Veggies: _____ H2O = 1 pt
 # Hours of Sleep: _____ (max=8)
 ‡ Yes = 1 pt
 ‡ Yes = 1 pt ‡ No = 0 pts
Total Points: _____

Wednesday, January 23

- ‡ Movement: 10,000 steps or Equivalent
- ‡ Nourishment: Fruits & Veggies; Water 6-8 glasses
- ‡ Rest: Hours of Sleep-Goal: 6-8 hours
- ‡ Mental Wellbeing: Positive Actions/Stress Reduction
- ‡ Chiropractic: Maintain Current Treatment Schedule

Steps: _____/Exercise: _____ Pts. _____
 # Fruits: _____ # Veggies: _____ H2O = 1 pt
 # Hours of Sleep: _____ (max=8)
 ‡ Yes = 1 pt
 ‡ Yes = 1 pt ‡ No = 0 pts
Total Points: _____

Thursday, January 24

- ‡ Movement: 10,000 steps or Equivalent
- ‡ Nourishment: Fruit & Veggies; Water 6-8 glasses
- ‡ Rest: Hours of Sleep-Goal: 6-8 hours
- ‡ Mental Wellbeing: Positive Actions/Stress Reduction
- ‡ Chiropractic: Maintain Current Treatment Schedule

Steps: _____/Exercise: _____ Pts. _____
 # Fruits: _____ # Veggies: _____ H2O = 1 pt
 # Hours of Sleep: _____ (max=8)
 ‡ Yes = 1 pt
 ‡ Yes = 1 pt ‡ No = 0 pts
Total Points: _____

Friday, January 25

- ‡ Movement: 10,000 steps or Equivalent
- ‡ Nourishment: Fruit & Veggies; Water 6-8 glasses
- ‡ Rest: Hours of Sleep-Goal: 6-8 hours
- ‡ Mental Wellbeing: Positive Actions/Stress Reduction
- ‡ Chiropractic: Maintain Current Treatment Schedule

Steps: _____/Exercise: _____ Pts. _____
 # Fruits: _____ # Veggies: _____ H2O = 1 pt
 # Hours of Sleep: _____ (max=8)
 ‡ Yes = 1 pt
 ‡ Yes _____ ‡ No 0 pts
Total Points: _____

Saturday, January 26

- ‡ Movement: 10,000 steps or Equivalent
- ‡ Nourishment: Fruits & Veggies; Water 6-8 glasses
- ‡ Rest: Hours of Sleep-Goal: 6-8 hours
- ‡ Mental Wellbeing: Positive Actions/Stress Reduction
- ‡ Chiropractic: Maintain Current Treatment Schedule

Steps: _____/Exercise: _____ Pts. _____
 # Fruits: _____ # Veggies: _____ H2O = 1 pt
 # Hours of Sleep: _____ (max=8)
 ‡ Yes = 1 pt
 ‡ Yes = 1 pt ‡ No = 0 pt
Total Points: _____

Sunday, January 27

- ‡ Movement: 10,000 steps or Equivalent
- ‡ Nourishment: Fruit & Veggies; Water 6-8 glasses
- ‡ Rest: Hours of Sleep-Goal: 6-8 hours
- ‡ Mental Wellbeing: Positive Actions/Stress Reduction
- ‡ Chiropractic: Maintain Current Treatment Schedule

Steps: _____/Exercise: _____ Pts. _____
 # Fruits: _____ # Veggies: _____ H2O = 1 pt
 # Hours of Sleep: _____ (max=8)
 ‡ Yes = 1 pt
 ‡ Yes = 1 pt ‡ No = 1 pt
Total Points: _____

TOTAL POINTS Week 2: _____ **Bronze=** 87-100pts **Silver=** 101-128pts **Gold=** 129+pts

**Important: Only include points for "Movement" your best 6 out of 7 days.*

Movement: 8,000-9,999 steps=1pts/10,000-11,999=2pts/12,000-13,999=3pts/14,000+=4pts

Fruit/Veggie: 1pt/serving **Water:** 1p **Sleep:** 1pt/hour **Mental Wellbeing:** 1pt **Chiropractic:** 1

Reed Chiropractic 6 Week Wellness Challenge

Week 3: January 28-February 3

Monday, January 28

- ‡ Movement: 10,000 steps or Equivalent
- ‡ Nourishment: Fruits & Veggies; Water 6-8 glasses
- ‡ Rest: Hours of Sleep-Goal: 6-8 hours
- ‡ Mental Wellbeing: Positive Actions/Stress Reduction
- ‡ Chiropractic: Maintain Current Treatment Schedule

Steps: _____/Exercise: _____ Pts. _____
Fruits: _____ # Veggies: _____ H2O = 1 pt
Hours of Sleep: _____ (max=8)
‡ Yes = 1 pt
‡ Yes = 1 pt ‡ No = 0 pts

Total Points: _____

Tuesday, January 29

- ‡ Movement: 10,000 steps or Equivalent
- ‡ Nourishment: Fruit & Veggies; Water 6-8 glasses
- ‡ Rest: Hours of Sleep-Goal: 6-8 hours
- ‡ Mental Wellbeing: Positive Actions/Stress Reduction
- ‡ Chiropractic: Maintain Current Treatment Schedule

Steps: _____/Exercise: _____ Pts. _____
Fruits: _____ # Veggies: _____ H2O = 1 pt
Hours of Sleep: _____ (max=8)
‡ Yes = 1 pt
‡ Yes = 1 pt ‡ No = 0 pts

Total Points: _____

Wednesday, January 30

- ‡ Movement: 10,000 steps or Equivalent
- ‡ Nourishment: Fruits & Veggies; Water 6-8 glasses
- ‡ Rest: Hours of Sleep-Goal: 6-8 hours
- ‡ Mental Wellbeing: Positive Actions/Stress Reduction
- ‡ Chiropractic: Maintain Current Treatment Schedule

Steps: _____/Exercise: _____ Pts. _____
Fruits: _____ # Veggies: _____ H2O = 1 pt
Hours of Sleep: _____ (max=8)
‡ Yes = 1 pt
‡ Yes = 1 pt ‡ No = 0 pts

Total Points: _____

Thursday, January 31

- ‡ Movement: 10,000 steps or Equivalent
- ‡ Nourishment: Fruit & Veggies; Water 6-8 glasses
- ‡ Rest: Hours of Sleep-Goal: 6-8 hours
- ‡ Mental Wellbeing: Positive Actions/Stress Reduction
- ‡ Chiropractic: Maintain Current Treatment Schedule

Steps: _____/Exercise: _____ Pts. _____
Fruits: _____ # Veggies: _____ H2O = 1 pt
Hours of Sleep: _____ (max=8)
‡ Yes = 1 pt
‡ Yes = 1 pt ‡ No = 0 pts

Total Points: _____

Friday, February 1

- ‡ Movement: 10,000 steps or Equivalent
- ‡ Nourishment: Fruit & Veggies; Water 6-8 glasses
- ‡ Rest: Hours of Sleep-Goal: 6-8 hours
- ‡ Mental Wellbeing: Positive Actions/Stress Reduction
- ‡ Chiropractic: Maintain Current Treatment Schedule

Steps: _____/Exercise: _____ Pts. _____
Fruits: _____ # Veggies: _____ H2O = 1 pt
Hours of Sleep: _____ (max=8)
‡ Yes = 1 pt
‡ Yes _____ ‡ No 0 pts

Total Points: _____

Saturday, February 2

- ‡ Movement: 10,000 steps or Equivalent
- ‡ Nourishment: Fruits & Veggies; Water 6-8 glasses
- ‡ Rest: Hours of Sleep-Goal: 6-8 hours
- ‡ Mental Wellbeing: Positive Actions/Stress Reduction
- ‡ Chiropractic: Maintain Current Treatment Schedule

Steps: _____/Exercise: _____ Pts. _____
Fruits: _____ # Veggies: _____ H2O = 1 pt
Hours of Sleep: _____ (max=8)
‡ Yes = 1 pt
‡ Yes = 1 pt ‡ No = 0 pt

Total Points: _____

Sunday, February 3

- ‡ Movement: 10,000 steps or Equivalent
- ‡ Nourishment: Fruit & Veggies; Water 6-8 glasses
- ‡ Rest: Hours of Sleep-Goal: 6-8 hours
- ‡ Mental Wellbeing: Positive Actions/Stress Reduction
- ‡ Chiropractic: Maintain Current Treatment Schedule

Steps: _____/Exercise: _____ Pts. _____
Fruits: _____ # Veggies: _____ H2O = 1 pt
Hours of Sleep: _____ (max=8)
‡ Yes = 1 pt
‡ Yes = 1 pt ‡ No = 1 pt

Total Points: _____

TOTAL POINTS Week 3: _____ **Bronze= 87-100pts Silver= 101-128pts Gold= 129+pts**

**Important: Only include points for "Movement" your best 6 out of 7 days.*

Movement: 8,000-9,999 steps=1pts/10,000-11,999=2pts/12,000-13,999=3pts/14,000+=4pts

Fruit/Veggie: 1pt/serving **Water:** 1p **Sleep:** 1pt/hour **Mental Wellbeing:** 1pt **Chiropractic:** 1p

Reed Chiropractic 6 Week Wellness Challenge

Week 4: February 4- February 10

Monday, February 4

- ¡ Movement: 10,000 steps or Equivalent
- ¡ Nourishment: Fruits & Veggies; Water 6-8 glasses
- ¡ Rest: Hours of Sleep-Goal: 6-8 hours
- ¡ Mental Wellbeing: Positive Actions/Stress Reduction
- ¡ Chiropractic: Maintain Current Treatment Schedule

Steps: _____/Exercise: _____ Pts. _____
Fruits: _____ # Veggies: _____ H2O = 1 pt
Hours of Sleep: _____ (max=8)
¡ Yes = 1 pt
¡ Yes = 1 pt ¡ No = 0 pts
Total Points: _____

Tuesday, February 5

- ¡ Movement: 10,000 steps or Equivalent
- ¡ Nourishment: Fruit & Veggies; Water 6-8 glasses
- ¡ Rest: Hours of Sleep-Goal: 6-8 hours
- ¡ Mental Wellbeing: Positive Actions/Stress Reduction
- ¡ Chiropractic: Maintain Current Treatment Schedule

Steps: _____/Exercise: _____ Pts. _____
Fruits: _____ # Veggies: _____ H2O = 1 pt
Hours of Sleep: _____ (max=8)
¡ Yes = 1 pt
¡ Yes = 1 pt ¡ No = 0 pts
Total Points: _____

Wednesday, February 6

- ¡ Movement: 10,000 steps or Equivalent
- ¡ Nourishment: Fruits & Veggies; Water 6-8 glasses
- ¡ Rest: Hours of Sleep-Goal: 6-8 hours
- ¡ Mental Wellbeing: Positive Actions/Stress Reduction
- ¡ Chiropractic: Maintain Current Treatment Schedule

Steps: _____/Exercise: _____ Pts. _____
Fruits: _____ # Veggies: _____ H2O = 1 pt
Hours of Sleep: _____ (max=8)
¡ Yes = 1 pt
¡ Yes = 1 pt ¡ No = 0 pts
Total Points: _____

Thursday, February 7

- ¡ Movement: 10,000 steps or Equivalent
- ¡ Nourishment: Fruit & Veggies; Water 6-8 glasses
- ¡ Rest: Hours of Sleep-Goal: 6-8 hours
- ¡ Mental Wellbeing: Positive Actions/Stress Reduction
- ¡ Chiropractic: Maintain Current Treatment Schedule

Steps: _____/Exercise: _____ Pts. _____
Fruits: _____ # Veggies: _____ H2O = 1 pt
Hours of Sleep: _____ (max=8)
¡ Yes = 1 pt
¡ Yes = 1 pt ¡ No = 0 pts
Total Points: _____

Friday, February 8

- ¡ Movement: 10,000 steps or Equivalent
- ¡ Nourishment: Fruit & Veggies; Water 6-8 glasses
- ¡ Rest: Hours of Sleep-Goal: 6-8 hours
- ¡ Mental Wellbeing: Positive Actions/Stress Reduction
- ¡ Chiropractic: Maintain Current Treatment Schedule

Steps: _____/Exercise: _____ Pts. _____
Fruits: _____ # Veggies: _____ H2O = 1 pt
Hours of Sleep: _____ (max=8)
¡ Yes = 1 pt
¡ Yes _____ ¡ No 0 pts
Total Points: _____

Saturday, February 9

- ¡ Movement: 10,000 steps or Equivalent
- ¡ Nourishment: Fruits & Veggies; Water 6-8 glasses
- ¡ Rest: Hours of Sleep-Goal: 6-8 hours
- ¡ Mental Wellbeing: Positive Actions/Stress Reduction
- ¡ Chiropractic: Maintain Current Treatment Schedule

Steps: _____/Exercise: _____ Pts. _____
Fruits: _____ # Veggies: _____ H2O = 1 pt
Hours of Sleep: _____ (max=8)
¡ Yes = 1 pt
¡ Yes = 1 pt ¡ No = 0 pt
Total Points: _____

Sunday, February 10

- ¡ Movement: 10,000 steps or Equivalent
- ¡ Nourishment: Fruit & Veggies; Water 6-8 glasses
- ¡ Rest: Hours of Sleep-Goal: 6-8 hours
- ¡ Mental Wellbeing: Positive Actions/Stress Reduction
- ¡ Chiropractic: Maintain Current Treatment Schedule

Steps: _____/Exercise: _____ Pts. _____
Fruits: _____ # Veggies: _____ H2O = 1 pt
Hours of Sleep: _____ (max=8)
¡ Yes = 1 pt
¡ Yes = 1 pt ¡ No = 1 pt
Total Points: _____

TOTAL POINTS Week 4: _____ **Bronze**= 87-100pts **Silver**= 101-128pts **Gold**= 129+pts

**Important: Only include points for "Movement" your best 6 out of 7 days.*

Movement: 8,000-9,999 steps=1pts/10,000-11,999=2pts/12,000-13,999=3pts/14,000+=4pts

Fruit/Veggie: 1pt/serving **Water:** 1p **Sleep:** 1pt/hour **Mental Wellbeing:** 1pt **Chiropractic:** 1p

Reed Chiropractic 6 Week Wellness Challenge

Week 5: February 11- February 17

Monday, February 11

- ¡ Movement: 10,000 steps or Equivalent
- ¡ Nourishment: Fruits & Veggies; Water 6-8 glasses
- ¡ Rest: Hours of Sleep-Goal: 6-8 hours
- ¡ Mental Wellbeing: Positive Actions/Stress Reduction
- ¡ Chiropractic: Maintain Current Treatment Schedule

Steps: _____/Exercise:_____ Pts. _____
Fruits:_____ # Veggies:_____ H2O = 1 pt
Hours of Sleep:_____ (max=8)
¡ Yes = 1 pt
¡ Yes = 1 pt ¡ No = 0 pts
Total Points: _____

Tuesday, February 12

- ¡ Movement: 10,000 steps or Equivalent
- ¡ Nourishment: Fruit & Veggies; Water 6-8 glasses
- ¡ Rest: Hours of Sleep-Goal: 6-8 hours
- ¡ Mental Wellbeing: Positive Actions/Stress Reduction
- ¡ Chiropractic: Maintain Current Treatment Schedule

Steps: _____/Exercise:_____ Pts. _____
Fruits:_____ # Veggies:_____ H2O = 1 pt
Hours of Sleep:_____ (max=8)
¡ Yes = 1 pt
¡ Yes = 1 pt ¡ No = 0 pts
Total Points: _____

Wednesday, February 13

- ¡ Movement: 10,000 steps or Equivalent
- ¡ Nourishment: Fruits & Veggies; Water 6-8 glasses
- ¡ Rest: Hours of Sleep-Goal: 6-8 hours
- ¡ Mental Wellbeing: Positive Actions/Stress Reduction
- ¡ Chiropractic: Maintain Current Treatment Schedule

Steps: _____/Exercise:_____ Pts. _____
Fruits:_____ # Veggies:_____ H2O = 1 pt
Hours of Sleep:_____ (max=8)
¡ Yes = 1 pt
¡ Yes = 1 pt ¡ No = 0 pts
Total Points: _____

Thursday, February 14

- ¡ Movement: 10,000 steps or Equivalent
- ¡ Nourishment: Fruit & Veggies; Water 6-8 glasses
- ¡ Rest: Hours of Sleep-Goal: 6-8 hours
- ¡ Mental Wellbeing: Positive Actions/Stress Reduction
- ¡ Chiropractic: Maintain Current Treatment Schedule

Steps: _____/Exercise:_____ Pts. _____
Fruits:_____ # Veggies:_____ H2O = 1 pt
Hours of Sleep:_____ (max=8)
¡ Yes = 1 pt
¡ Yes = 1 pt ¡ No = 0 pts
Total Points: _____

Friday, February 15

- ¡ Movement: 10,000 steps or Equivalent
- ¡ Nourishment: Fruit & Veggies; Water 6-8 glasses
- ¡ Rest: Hours of Sleep-Goal: 6-8 hours
- ¡ Mental Wellbeing: Positive Actions/Stress Reduction
- ¡ Chiropractic: Maintain Current Treatment Schedule

Steps: _____/Exercise:_____ Pts. _____
Fruits:_____ # Veggies:_____ H2O = 1 pt
Hours of Sleep:_____ (max=8)
¡ Yes = 1 pt
¡ Yes _____ ¡ No 0 pts
Total Points: _____

Saturday, February 16

- ¡ Movement: 10,000 steps or Equivalent
- ¡ Nourishment: Fruits & Veggies; Water 6-8 glasses
- ¡ Rest: Hours of Sleep-Goal: 6-8 hours
- ¡ Mental Wellbeing: Positive Actions/Stress Reduction
- ¡ Chiropractic: Maintain Current Treatment Schedule

Steps: _____/Exercise:_____ Pts. _____
Fruits:_____ # Veggies:_____ H2O = 1 pt
Hours of Sleep:_____ (max=8)
¡ Yes = 1 pt
¡ Yes = 1 pt ¡ No = 0 pt
Total Points: _____

Sunday, February 17

- ¡ Movement: 10,000 steps or Equivalent
- ¡ Nourishment: Fruit & Veggies; Water 6-8 glasses
- ¡ Rest: Hours of Sleep-Goal: 6-8 hours
- ¡ Mental Wellbeing: Positive Actions/Stress Reduction
- ¡ Chiropractic: Maintain Current Treatment Schedule

Steps: _____/Exercise:_____ Pts. _____
Fruits:_____ # Veggies:_____ H2O = 1 pt
Hours of Sleep:_____ (max=8)
¡ Yes = 1 pt
¡ Yes = 1 pt ¡ No = 1 pt
Total Points: _____

TOTAL POINTS Week 5: _____ **Bronze**= 87-100pts **Silver**= 101-128pts **Gold**= 129+pts

**Important: Only include points for "Movement" your best 6 out of 7 days.*

Movement: 8,000-9,999 steps=1pts/10,000-11,999=2pts/12,000-13,999=3pts/14,000+=4pts

Fruit/Veggie: 1pt/serving **Water:** 1p **Sleep:** 1pt/hour **Mental Wellbeing:** 1pt **Chiropractic:** 1p

Reed Chiropractic 6 Week Wellness Challenge

Week 6: February 18- February 24

Monday, February 18

- ⌋ Movement: 10,000 steps or Equivalent
- ⌋ Nourishment: Fruits & Veggies; Water 6-8 glasses
- ⌋ Rest: Hours of Sleep-Goal: 6-8 hours
- ⌋ Mental Wellbeing: Positive Actions/Stress Reduction
- ⌋ Chiropractic: Maintain Current Treatment Schedule

Steps: _____/Exercise:_____ Pts. _____
Fruits:_____ # Veggies:_____ H2O = 1 pt
Hours of Sleep:_____ (max=8)
⌋ Yes = 1 pt
⌋ Yes = 1 pt ⌋ No = 0 pts

Total Points: _____

Tuesday, February 19

- ⌋ Movement: 10,000 steps or Equivalent
- ⌋ Nourishment: Fruit & Veggies; Water 6-8 glasses
- ⌋ Rest: Hours of Sleep-Goal: 6-8 hours
- ⌋ Mental Wellbeing: Positive Actions/Stress Reduction
- ⌋ Chiropractic: Maintain Current Treatment Schedule

Steps: _____/Exercise:_____ Pts. _____
Fruits:_____ # Veggies:_____ H2O = 1 pt
Hours of Sleep:_____ (max=8)
⌋ Yes = 1 pt
⌋ Yes = 1 pt ⌋ No = 0 pts

Total Points: _____

Wednesday, February 20

- ⌋ Movement: 10,000 steps or Equivalent
- ⌋ Nourishment: Fruits & Veggies; Water 6-8 glasses
- ⌋ Rest: Hours of Sleep-Goal: 6-8 hours
- ⌋ Mental Wellbeing: Positive Actions/Stress Reduction
- ⌋ Chiropractic: Maintain Current Treatment Schedule

Steps: _____/Exercise:_____ Pts. _____
Fruits:_____ # Veggies:_____ H2O = 1 pt
Hours of Sleep:_____ (max=8)
⌋ Yes = 1 pt
⌋ Yes = 1 pt ⌋ No = 0 pts

Total Points: _____

Thursday, February 21

- ⌋ Movement: 10,000 steps or Equivalent
- ⌋ Nourishment: Fruit & Veggies; Water 6-8 glasses
- ⌋ Rest: Hours of Sleep-Goal: 6-8 hours
- ⌋ Mental Wellbeing: Positive Actions/Stress Reduction
- ⌋ Chiropractic: Maintain Current Treatment Schedule

Steps: _____/Exercise:_____ Pts. _____
Fruits:_____ # Veggies:_____ H2O = 1 pt
Hours of Sleep:_____ (max=8)
⌋ Yes = 1 pt
⌋ Yes = 1 pt ⌋ No = 0 pts

Total Points: _____

Friday, February 22

- ⌋ Movement: 10,000 steps or Equivalent
- ⌋ Nourishment: Fruit & Veggies; Water 6-8 glasses
- ⌋ Rest: Hours of Sleep-Goal: 6-8 hours
- ⌋ Mental Wellbeing: Positive Actions/Stress Reduction
- ⌋ Chiropractic: Maintain Current Treatment Schedule

Steps: _____/Exercise:_____ Pts. _____
Fruits:_____ # Veggies:_____ H2O = 1 pt
Hours of Sleep:_____ (max=8)
⌋ Yes = 1 pt
⌋ Yes _____ ⌋ No 0 pts

Total Points: _____

Saturday, February 23

- ⌋ Movement: 10,000 steps or Equivalent
- ⌋ Nourishment: Fruits & Veggies; Water 6-8 glasses
- ⌋ Rest: Hours of Sleep-Goal: 6-8 hours
- ⌋ Mental Wellbeing: Positive Actions/Stress Reduction
- ⌋ Chiropractic: Maintain Current Treatment Schedule

Steps: _____/Exercise:_____ Pts. _____
Fruits:_____ # Veggies:_____ H2O = 1 pt
Hours of Sleep:_____ (max=8)
⌋ Yes = 1 pt
⌋ Yes = 1 pt ⌋ No = 0 pt

Total Points: _____

Sunday, February 24

- ⌋ Movement: 10,000 steps or Equivalent
- ⌋ Nourishment: Fruit & Veggies; Water 6-8 glasses
- ⌋ Rest: Hours of Sleep-Goal: 6-8 hours
- ⌋ Mental Wellbeing: Positive Actions/Stress Reduction
- ⌋ Chiropractic: Maintain Current Treatment Schedule

Steps: _____/Exercise:_____ Pts. _____
Fruits:_____ # Veggies:_____ H2O = 1 pt
Hours of Sleep:_____ (max=8)
⌋ Yes = 1 pt
⌋ Yes = 1 pt ⌋ No = 1 pt

Total Points: _____

TOTAL POINTS Week 6: _____ **Bronze**= 87-100pts **Silver**= 101-128pts **Gold**= 129+pts

**Important: Only include points for "Movement" your best 6 out of 7 days.*

Movement: 8,000-9,999 steps=1pts/10,000-11,999=2pts/12,000-13,999=3pts/14,000+=4pts

Fruit/Veggie: 1pt/serving **Water:** 1p **Sleep:** 1pt/hour **Mental Wellbeing:** 1pt **Chiropractic:** 1p

Exercise Conversion Chart

Activity Type	Intensity	Steps Per Minute of Activity
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Aerobics	Low Impact	125
Aerobics	Moderate	154
Aerobics	High Impact	182
Basketball	Recreational	138
Basketball	Game	230
Bicycling	Leisurely 10-12mph	100
Bicycling	Moderate 12-14mph	200
Bicycling	Vigorous 14-16mph	250
Bowling		87
Dancing		93
Elliptical Trainer		203
Football		189
Golfing	With a cart	78
Golfing	With-out a cart	122
Gardening		73
Hiking		72
Jump Rope		200
Karate		290
Mowing		160
Pilates		101
Rollerblading		125
Racquetball		138
Rowing		150
Running	6 Minute Mile	247
Running	7 Minute Mile	222
Running	8 Minute Mile	200
Running	9 Minute Mile	184
Running	Jog	156
Soccer		144
Softball		145
Stair Climbing	Slow	90
Stair Climbing	Moderate	180
Stair Climbing	Vigorous	267
Swimming	Leisure	133
Swimming	Moderate	174
Tae Kwon Do		290
Tai Chi		8
Tennis		178
Volleyball		87
Walking	Normal Pace	100
Water Aerobics		100
Weight Lifting	Light	66
Weight Lifting	Moderate	87
Weight Lifting	Vigorous	133
Yoga		100



REED CHIROPRACTIC

6 Week Wellness Challenge

Final Score Sheet

1. Total Points _____ Final Category: ___Gold ___Silver ___Bronze
2. I gave up _____ for 6 weeks!
3. I had my smallest meal at dinner 5 out of 7 nights a week for the entire 6 week challenge. ___Yes ___No
4. What I gained from this challenge:
My biggest accomplishment: _____
The biggest thing I learned: _____
5. Weight-Loss Record (optional)
Starting Weight _____lbs. (January 14) Total Weight Loss _____lbs.
Ending Weight _____lbs. (February 24)

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 _____ Date _____