

Personal Commitment

l,	$_{}$, am starting this 6-W	eek Wellness Challenge
because I want to be	for my	and have committed to
giving up	for the next 6 weeks.	I understand it is going to
take willpower and discipline	to accomplish this, but I a	m willing to do the work
necessary. I will be wearing a	pedometer for the next 6	weeks and am going to try to
reach 10,000 steps per day at	least 6 out of 7 days a we	ek. If I have struggles, I will
not quit, I will try harder the i	next day and understand t	hat any healthy changes I
make are more than I am doin	g now.	
Signed		Date

How To Score Your Wellness Points

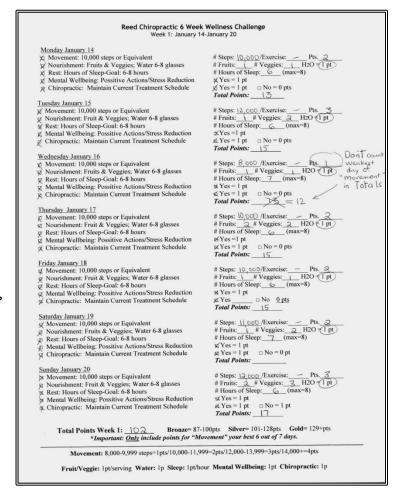
(Rules of the Game)

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, post and share your points on social media with your biggest accomplishment of the week (maybe you did 12,000 steps one day, or you tried a new interesting fruit or vegetable). When you share your accomplishments with friends or anyone you are competing with, it not only will keep you accountable personally, but will also motivate others.

At the end of the six weeks, add up points from each week plus your total number of steps.

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 your challenge so that you feel better physically, mentally and socially!



The 6-Week Challenge can also be done as a team, if you want to do a team challenge then use the last column to total up all your points. Good Luck!

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	

Monday	
Movement: 10,000 steps or Equivalent	# Steps:/Exercise: Pts
□ Nourishment: Fruits & Veggies; Water 6-8 glasses	# Fruits: # Veggies: H2O = 1 pt
□ Rest: Hours of Sleep-Goal: 6-8 hours	# Hours of Sleep: (max=8)
 Mental Wellbeing: Positive Actions/Stress Reduction 	□ Yes = 1 pt
□ Chiropractic: Maintain Current Treatment Schedule	□ Yes = 1 pt □ No = 0 pts
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Movement: 8,000-9,999 steps = 1pt | 10,000-11,999 = 2pts | 12,000-13,999 = 3pts | 14,000+ = 4pts

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

Week 3

 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 Yes = 1 pt Yes = 1 pt Total Points: Movement: 10,000 steps or Equivalent Nourishment: Fruit & Veggies; Water 6-8 glasses 	No = 0 pts /Exercise: Pts Veggies: H2O =1 pt : (max=8) No = 0 pts
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<u>Saturday</u> □ Movement: 10,000 steps or Equivalent	# Steps:/Exercise: Pts
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Movement: 8,000-9,999 steps = 1pt | 10,000-11,999 = 2pts | 12,000-13,999 = 3pts | 14,000+ = 4pts

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



Final Score Sheet

1. Total Points	_ Final Cate	egory:	Gold	Silver	Bronze
2. I gave up					_ for 6 weeks!
3. I had my smallest me challengeYe		out of 7 n	ights a we	ek for the o	entire 6-week
4. What I gained from t	his challenge:				
My biggest accomp	olishment:				
The biggest thing I	learned:				
5. Weight-Loss Record	(optional)				
Starting Weight	lbs.	Ending W	eight	lbs.	
Total Weight Loss	lbs.				
hereby sign this score schallenge and am eligib	•		•		f this 6-week
Signature			Date	·	