



**REED**CHIROPRACTIC  
6-Week Wellness Challenge

**Personal Commitment**

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 it is going to take willpower and discipline to accomplish this, but I am 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 week. If I have struggles, I will not quit, I will try harder the next day and understand that any healthy changes I make are more than I am doing 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!*

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

<p><b>Monday January 14</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Movement: 10,000 steps or Equivalent</li> <li><input checked="" type="checkbox"/> Nourishment: Fruits &amp; Veggies; Water 6-8 glasses</li> <li><input checked="" type="checkbox"/> Rest: Hours of Sleep-Goal: 6-8 hours</li> <li><input checked="" type="checkbox"/> Mental Wellbeing: Positive Actions/Stress Reduction</li> <li><input checked="" type="checkbox"/> Chiropractic: Maintain Current Treatment Schedule</li> </ul>	<p># Steps: 10,000/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  <b>Total Points:</b> <u>13</u></p>
<p><b>Tuesday January 15</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Movement: 10,000 steps or Equivalent</li> <li><input checked="" type="checkbox"/> Nourishment: Fruit &amp; Veggies; Water 6-8 glasses</li> <li><input checked="" type="checkbox"/> Rest: Hours of Sleep-Goal: 6-8 hours</li> <li><input checked="" type="checkbox"/> Mental Wellbeing: Positive Actions/Stress Reduction</li> <li><input checked="" type="checkbox"/> Chiropractic: Maintain Current Treatment Schedule</li> </ul>	<p># Steps: 12,000/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  <b>Total Points:</b> <u>15</u></p>
<p><b>Wednesday January 16</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Movement: 10,000 steps or Equivalent</li> <li><input checked="" type="checkbox"/> Nourishment: Fruits &amp; Veggies; Water 6-8 glasses</li> <li><input checked="" type="checkbox"/> Rest: Hours of Sleep-Goal: 6-8 hours</li> <li><input checked="" type="checkbox"/> Mental Wellbeing: Positive Actions/Stress Reduction</li> <li><input checked="" type="checkbox"/> Chiropractic: Maintain Current Treatment Schedule</li> </ul>	<p># Steps: 8,000/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  <b>Total Points:</b> <u>12</u></p> <p style="font-size: small;">Don't count week's day ST "movement" in Totals</p>
<p><b>Thursday January 17</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Movement: 10,000 steps or Equivalent</li> <li><input checked="" type="checkbox"/> Nourishment: Fruit &amp; Veggies; Water 6-8 glasses</li> <li><input checked="" type="checkbox"/> Rest: Hours of Sleep-Goal: 6-8 hours</li> <li><input checked="" type="checkbox"/> Mental Wellbeing: Positive Actions/Stress Reduction</li> <li><input checked="" type="checkbox"/> Chiropractic: Maintain Current Treatment Schedule</li> </ul>	<p># Steps: 10,000/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  <b>Total Points:</b> <u>15</u></p>
<p><b>Friday January 18</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Movement: 10,000 steps or Equivalent</li> <li><input checked="" type="checkbox"/> Nourishment: Fruit &amp; Veggies; Water 6-8 glasses</li> <li><input checked="" type="checkbox"/> Rest: Hours of Sleep-Goal: 6-8 hours</li> <li><input checked="" type="checkbox"/> Mental Wellbeing: Positive Actions/Stress Reduction</li> <li><input checked="" type="checkbox"/> Chiropractic: Maintain Current Treatment Schedule</li> </ul>	<p># Steps: 10,000/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  <b>Total Points:</b> <u>15</u></p>
<p><b>Saturday January 19</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Movement: 10,000 steps or Equivalent</li> <li><input checked="" type="checkbox"/> Nourishment: Fruits &amp; Veggies; Water 6-8 glasses</li> <li><input checked="" type="checkbox"/> Rest: Hours of Sleep-Goal: 6-8 hours</li> <li><input checked="" type="checkbox"/> Mental Wellbeing: Positive Actions/Stress Reduction</li> <li><input checked="" type="checkbox"/> Chiropractic: Maintain Current Treatment Schedule</li> </ul>	<p># Steps: 11,000/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 pt  <b>Total Points:</b> <u>15</u></p>
<p><b>Sunday January 20</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Movement: 10,000 steps or Equivalent</li> <li><input checked="" type="checkbox"/> Nourishment: Fruit &amp; Veggies; Water 6-8 glasses</li> <li><input checked="" type="checkbox"/> Rest: Hours of Sleep-Goal: 6-8 hours</li> <li><input checked="" type="checkbox"/> Mental Wellbeing: Positive Actions/Stress Reduction</li> <li><input checked="" type="checkbox"/> Chiropractic: Maintain Current Treatment Schedule</li> </ul>	<p># Steps: 12,000/Exercise: <u>    </u> Pts. <u>3</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 = 1 pt  <b>Total Points:</b> <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

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

# Reed Chiropractic 6-Week Wellness Challenge

Week 1

## Monday

- 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

- 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

- 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

- 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

- 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

- 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

- 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.**

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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

# Reed Chiropractic 6-Week Wellness Challenge

Week 2

## Monday

- 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

- 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

- 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

- 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

- 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

- 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

- 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.**

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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

# Reed Chiropractic 6-Week Wellness Challenge

Week 3

## Monday

- 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

- 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

- 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

- 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

- 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

- 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

- 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.**

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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

# Reed Chiropractic 6-Week Wellness Challenge

Week 4

## Monday

- 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

- 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

- 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

- 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

- 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

- 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

- 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.**

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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

# Reed Chiropractic 6-Week Wellness Challenge

Week 5

## Monday

- 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

- 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

- 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

- 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

- 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

- 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

- 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 = 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

# Reed Chiropractic 6-Week Wellness Challenge

Week 6

## Monday

- 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

- 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

- 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

- 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

- 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

- 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

- 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 = 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





# 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. Ending Weight \_\_\_\_\_lbs.  
Total Weight Loss \_\_\_\_\_lbs.

*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 \_\_\_\_\_