

OCTOBER

NAME

TEAM

SUN	MON	TUE	WED	THU	FRI	SAT
		01 <small>BONUS</small> <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>	02 <small>BONUS</small> <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>	03 <small>BONUS</small> <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>	04 <small>BONUS</small> <input type="checkbox"/> SPECIAL EVENT STEPS <input type="text"/> ACTIVITY <input type="text"/>	05 <small>BONUS</small> <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>
06 <small>BONUS</small> <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>	07 <small>BONUS</small> <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>	08 <small>BONUS</small> <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>	09 <small>BONUS</small> <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>	10 <small>BONUS</small> <input type="checkbox"/> SPECIAL EVENT STEPS <input type="text"/> ACTIVITY <input type="text"/>	11 <small>BONUS</small> <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>	12 <small>BONUS</small> <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>
13 <small>BONUS</small> <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>	14 <small>BONUS</small> <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>	15 <small>BONUS</small> <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>	16 <small>BONUS</small> <input type="checkbox"/> SPECIAL EVENT STEPS <input type="text"/> ACTIVITY <input type="text"/>	17 <small>BONUS</small> <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>	18 <small>BONUS</small> <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>	19 <small>BONUS</small> <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>
20 <small>BONUS</small> <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>	21 <small>BONUS</small> <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>	22 <small>BONUS</small> <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>	23 <small>BONUS</small> <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>	24 <small>BONUS</small> <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>	25 <small>BONUS</small> <input type="checkbox"/> SPECIAL EVENT STEPS <input type="text"/> ACTIVITY <input type="text"/>	26 <small>BONUS</small> <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>
27 <small>BONUS</small> <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>	28 <small>BONUS</small> <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>	29 <small>BONUS</small> <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>	30 <small>BONUS</small> <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>	31 <small>BONUS</small> <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>		

WEEK 1 THIS WEEK'S BONUS:
DRINK 64OZ OF WATER EACH DAY

BONUS POINT 1 FOR 5 OF 7 DAYS CHECKED
 STEP TOTAL GOAL: 70,000
 ACTIVITY POINTS 1 FOR EACH HOUR 7 MAX PER WEEK

WEEK 2 THIS WEEK'S BONUS:
GET 1 EXTRA HOUR OF SLEEP

BONUS POINT 1 FOR 5 OF 7 DAYS CHECKED
 STEP TOTAL GOAL: 70,000
 ACTIVITY POINTS 1 FOR EACH HOUR 7 MAX PER WEEK

WEEK 3 THIS WEEK'S BONUS:
EAT 1 EXTRA SERVING FRUIT/VEG

BONUS POINT 1 FOR 5 OF 7 DAYS CHECKED
 STEP TOTAL GOAL: 70,000
 ACTIVITY POINTS 1 FOR EACH HOUR 7 MAX PER WEEK

WEEK 4 THIS WEEK'S BONUS:
1 HOUR WITH NO SCREENTIME

BONUS POINT 1 FOR 5 OF 7 DAYS CHECKED
 STEP TOTAL GOAL: 70,000
 ACTIVITY POINTS 1 FOR EACH HOUR 7 MAX PER WEEK

WEEKS RUN TUESDAY THROUGH MONDAY
 WEEKLY BONUS EARNED FOR 5 OUT OF 7 CHECKS IN A WEEK. 1 POINT MAX PER WEEK.
 1 POINT FOR REACHING WEEKLY STEP GOAL
 1 ACTIVITY POINT EARNED FOR EACH HOUR OF PHYSICAL ACTIVITY (RUNNING, WORK OUT CLASSES, GARDENING, PLAYING A SPORT, ETC.) - 1 POINT MAX PER DAY, 7 MAX PER WEEK.