

# OCTOBER

NAME

TEAM

SUN	MON	TUE	WED	THU	FRI	SAT
		<b>01</b> BONUS <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>	<b>02</b> BONUS <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>	<b>03</b> BONUS <input type="checkbox"/> STEPS FITNESS INSTRUCTION <input type="text"/> ACTIVITY <input type="text"/>	<b>04</b> BONUS <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>	<b>05</b> BONUS <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>
<b>06</b> BONUS <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>	<b>07</b> BONUS <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>	<b>08</b> BONUS <input type="checkbox"/> STEPS FITNESS INSTRUCTION <input type="text"/> ACTIVITY <input type="text"/>	<b>09</b> BONUS <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>	<b>10</b> BONUS <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>	<b>11</b> BONUS <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>	<b>12</b> BONUS <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>
<b>13</b> BONUS <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>	<b>14</b> BONUS <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>	<b>15</b> BONUS <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>	<b>16</b> BONUS <input type="checkbox"/> STEPS LUNCH & LEARN <input type="text"/> ACTIVITY <input type="text"/>	<b>17</b> BONUS <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>	<b>18</b> BONUS <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>	<b>19</b> BONUS <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>
<b>20</b> BONUS <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>	<b>21</b> BONUS <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>	<b>22</b> BONUS <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>	<b>23</b> BONUS <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>	<b>24</b> BONUS <input type="checkbox"/> STEPS COOKING DEMO <input type="text"/> ACTIVITY <input type="text"/>	<b>25</b> BONUS <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>	<b>26</b> BONUS <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>
<b>27</b> BONUS <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>	<b>28</b> BONUS <input type="checkbox"/> STEPS FORM SUBMISSION DEADLINE <input type="text"/> ACTIVITY <input type="text"/>	<b>29</b> BONUS <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>	<b>30</b> BONUS <input type="checkbox"/> STEPS <input type="text"/> ACTIVITY <input type="text"/>	<b>31</b> BONUS <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 6 DAYS CHECKED

STEP TOTAL  GOAL: 60,000

ACTIVITY POINTS  1 FOR EACH HOUR 6 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.