

Name _____ School _____ **Personal Points Tracker**

Total

Walking Cards 40,000 steps=5 pts or 20 miles=5 pts																			
Other Exercise (strength, flexibility/aerobics) 30 min=2 pts																			
Food Log weekly=5 pts																			
Take Beginning Blood Test 15 pts																			
Blood Test #" within range for each category (Maximum of 7 categories) 10 pts each																			
Take Ending Blood Test 15 pts																			
Blood Test #'s ↓ in each category (except HDL ↑) 10 pts each																			
BMI down - 10 pts																			
Give Blood - 15 pts																			
Dental Exam - 10 pts																			
Eye Exam - 15 pts																			
Flu Shot - 10 pts																			
Mammogram - 25 pts																			
Pap Test - 25 pts																			
PSA - 25 pts																			
Colonoscopy - 25 pts																			
Stop smoking for 6 months 50 pts																			

Grand Total of Sheet _____