

Individual Scorecard Sheet: WEEK 2 (Jan 29 - Feb 4)

Team Name: _____

Your Name: _____

PHYSICAL WELLNESS

		Type of activity	
<p><u>1 pt for 15 mins of moderate activity OR 3 pt for 30mins of moderate activity OR take 4 pts for 45mins moderate activity, OR 4 pts for 30 minutes of vigorous activity.</u></p> <p>Daily Maximum: 4 points</p>		Monday	0
		Tuesday	0
		Wednesday	0
		Thursday	0
		Friday	0
		Saturday	0
		Sunday	0

<p>2 points each (weekly)</p>	Used stairs everyday	0	<p>*You can slip <u>one time</u> (per week) on these and still take full points</p>
	Brushed and flossed daily*	0	
	Wore seatbelt every time in a car	0	
	Drank 8 glasses of water or decaf tea daily	0	
	Consumed 3 servings of dairy daily Click for serving size examples	0	
	Drank 3 or less caffeine drinks daily*	0	
<p>4 points each (weekly)</p>	Slept at least 7 hours each night*	0	
	Participated in any type of organized fitness related class IMS/ Sport Club / activity 2x/week	0	
	Ate 2 non-meat dinners this week	0	
	Ate 2.5 cups veggies and 2 cups fruit daily* Click for what counts as a cup of fruit Click for what counts as a cup of veggies	0	
	Whole grains equaled half of my total grains daily* Click for whole grain examples	0	
	Did not use tobacco (full points if never tobacco user)*	0	

<p>2 points each (weekly)</p>	Expressed genuine gratitude verbally or written to at least two person this week	0	
	Gave someone a hug/fist bump/high 5 daily	0	
	Reflected on feelings by journaling this week	0	
<p>4 points each (weekly)</p>	Can list 2 good things that happened to me this week List good things:	0	
	Took at least 30 minutes to positively manage stress 2x/week Click for ways to manage stress positively List activities:	0	

Kick Axe Wellness Challenge

0

0

Kick Axe Wellness Challenge

SOCIO/ CULTURAL WELLNESS

2 points each (weekly)	Met up with friends at least once this week outside of work or school	0
	Turned off / refrained from playing on or checking email on phone when dining with others this week; emergency situations allowed	0
4 points each (weekly)	Spent quality time with a family member this week (In-Person, Skype, FaceTime, phone call)	0
	Studied and learned about a race, religion or spiritual practice different than mine	0
	Attended social activity or event of your choice with your entire team - must submit picture of team at activity or event **Dropping off food together does not count**	0
	Engaged with members of my community in meaningful and positive ways for at least 30 mins (community Service, deep conversation, etc.)	0
Team Captain will report on Team Score Summary Sheet	Team donated at least four items to the SFA Food for Thought Pantry - Brought to Campus Rec Admin Office Click for Food for Thought Pantry requested items	

0

SPIRITUAL WELLNESS

2 points each (weekly)	Spoke with at least one person about my ethics, values, or beliefs this week	0
	Wrote down what you were grateful for 5x/week	0
4 points each (weekly)	Participated in self-meditation, prayer, bible study, service or reflection 2x/week	0

0

INTELLECTUAL WELLNESS

2 points each (weekly)	Read for pleasure for at least 30mins this week	0
	Discussed or debated a current event with another this week	0
4 points each (weekly)	Engaged in an activity that challenged me intellectually (Ex. Sudoku, puzzles, quizzes, Words with Friends, etc.)	0

0

Kick Axe Wellness Challenge

ENVIRONMENTAL WELLNESS

2 points each (weekly)	Drink out of reusable bottle all week	0
	Turn off faucet while brushing teeth at least 6x/week	0
	Watched video below on environmental issue	0
	Do we Really Need Pesticides?	
	Took less than 15 minute shower all week	0
	Use sustainable grocery bags at store all week or recycled plastic bags	0
4 points each (weekly)	Spent time outside doing activities at least twice this week	0
	Recycled all personally used paper/glass/plastic/aluminum this week	0

0

FINANCIAL / CAREER WELLNESS

2 points each (weekly)	Brought your lunch to work at least 4x/week	0
	Paid bills / debt on time	0
4 points each (weekly)	Completed two household chores this week	0
	Participated in one work or academic related professional development	0
	Example: Read work related article, talk to mentor in depth, went to training, conference, workshop, etc.	

0

WEEK 2 EVENTS AND ACTIVITIES

3 points each (weekly)	Wind Ensemble (Jan 30)	0
Weekly Maximum: 9	Men's Basketball vs. Houston Baptist (Jan 31)	0
	Friday Film Series (Feb 2)	0
	Black Holes (Feb 2)	0
	Nacogdoches Farmers Market (Feb 3)	0
Athletic events must be attended at least half the game	SFASU University Series Presents: The Mountain Top (Feb 3)	0
Do not earn pts for working event	"How to Defeat Stress by Simply Being Still" (All Week)	0
	Event or Activity of your Choice (All Week)	0
	List activities:	

0

WEEKLY TOTAL

0