

activity tracker

conversion rate for steps and miles

Walking: 3,000 steps or 1.5 miles = One point

Running: One mile = One point

Bicycling: Four miles = One point

Swimming: 500 yards = One point

conversion rates for physical activity minutes

- 1) **Physical Work, Play**—Level I (30 min. = 1 point)—House cleaning, music playing, dancing (slow), fishing, hunting, canoeing, home or auto repair, playing with kids, billiards, jet skiing, horseback riding, sledding
- 2) **Physical Work, Play**—Level II (20 min. = 1 point)—Yard work, snow shoveling, dancing (fast), Home construction, mowing lawn walking
- 3) **Team sports** (Light to moderate)—(15 min. = 1 point)—Softball and baseball
- 4) **Team sports** (Vigorous)—(10 min. = 1 point)—Volleyball, basketball, football, rugby, soccer, hockey
- 5) **Individual sports** (Light to moderate)—(12 min. = 1 point)—Archery, bowling, canoeing, golf (cart), tennis (doubles), sailing
- 6) **Individual sports** (Vigorous)—(8 min. = 1 point)—Boxing, golf (walking), rollerblade, skating, skiing, tennis, weight lifting
- 7) **Physical Fitness workouts** (Light)—(14 min. = 1 point)—Elliptical, Rower, Biking, Yoga, Water Aerobics
- 8) **Physical Fitness workouts** (Moderate)—(10 min. = 1 point)—Elliptical, Rower, Biking/Group Cycling, Walking stairs, Pilates, Circuit training
- 9) **Physical Fitness workouts** (Vigorous)—(6 min. = 1 point)—Elliptical, Rower, Biking/Group Cycling, Running stairs, Rope jumping, Jazzercise/Aerobics, Circuit training

bonus points for nutrition

Add .25 points for every two items accomplished daily

- 1) Eat 5–9 fruits and vegetables
- 2) Drink 2–3 cups of milk or equivalent
- 3) Eat at least three whole grain products
- 4) Drink 6–8 glasses of water
- 5) Get at least 7–8 hours sleep in a 24-hour period
- 6) Have a relaxation or meditation time
- 7) Sit to eat a leisurely meal (at least 20 minutes) in a pleasant surrounding rather than eating on the run, at your desk, or in your car
- 8) Eat a morning meal to “break the fast”
- 9) Use a lean meat or low-fat meat alternate in place of high fat or fried meat choices
- 10) Quit smoking
- 11) Trim fat from meat before cooking and eating
- 12) Use oil to replace shortening and other hard fats
- 13) Read the label and select a food that has the least added sugar
- 14) Pre-plan your major meals for each day in the week
- 15) Write down all of your foods and beverages in one day to check your progress

Name _____

Month _____

Point Goal _____

Date	Activity	Points	Bonus Points	Sub-Total
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30				

Monthly Total _____