

**The Small Steps to Health and Wealth™ Challenge Participant Tracker**

**Instructions:**  Give yourself 10 points for each day that each activity is performed. Week of: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Daily Activity** | **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Total** |
| Ate at least 4 cups of fruits and vegetables |  |  |  |  |  |  |  |  |
| Exercised at least 30 minutes |  |  |  |  |  |  |  |  |
| Drank water or unsweetened beverages instead of sugar-sweetened beverages |  |  |  |  |  |  |  |  |
| Tracked 10,000 (or more) steps by walking with a pedometer |  |  |  |  |  |  |  |  |
| Learned something new related to health and/or nutrition (reading, Internet, media, etc.) |  |  |  |  |  |  |  |  |
| Saved a $1 bill (or more) and/or loose change in a can or jar |  |  |  |  |  |  |  |  |
| Invested $5 (or more), including automatic deposits (e.g., 401(k)s) |  |  |  |  |  |  |  |  |
| Tracked money spent throughout the day |  |  |  |  |  |  |  |  |
| Ate lunch prepared at home instead of at a deli or restaurant |  |  |  |  |  |  |  |  |
| Learned something new related to personal finance (reading, Internet, media reports, etc.) |  |  |  |  |  |  |  |  |

**Every point counts! The maximum number of points per person per week is 700.**