

## Monthly Tracking Sheet

<https://wellsuite.com/lifestylemattersatworkhat/hat/>

Print Name \_\_\_\_\_  
 Month \_\_\_\_\_ Year \_\_\_\_\_

	Key Health Practices	Suggested Minimum	Points For Completing Minimum	Number of Days Completed	My Points
1	7-8 hours of sleep	22	(10)		
2	6-8 cups of water	22	(10)		
3	High-fiber breakfast	22	(10)		
4	3-5 servings whole grains	22	(10)		
5	5-9 servings fruits/vegetables	22	(10)		
6	1 serving nuts/nut butter/seeds	22	(10)		
7	30-60 minutes exercised	12	(20)		
8	Quiet/relaxing time	12	(20)		
9	Wellness contacts (2 conversations/week – physical, mental, spiritual)	8	(10)		
10	Programs watched Articles read (physical, mental, spiritual)	4	(10)		
	<b>Monthly Health Challenge Completed</b>	Up to 2/mo.	(10 ea.)		
	<b>Personal Health Goals</b>	Up to 3/mo.	(10 ea.)		
1					
2					
3					
	<b>Add Points</b>		Goal at least 100 points		<b>Total Points</b>

Please return form to Kasey McFarland, PO Box 24187, Lansing, MI 48909. Or scan and email to: [kmcfarland@misda.org](mailto:kmcfarland@misda.org)



Look for LifestyleMatters at Work on Facebook to share stories or find inspiration!