

POINTS LIST FOR *GET UP, GET OUT, GET FIT! 2018*

Guidelines: Because this is a whole person wellness program, try to make personal goals to increase points in your “weaker” areas. Try to achieve points in each area—mind, body and spirit—not just exercise, not just weight loss. Pay close attention to how many points each activity receives—the number of points varies.

The weeks will run with Monday as the first day of the week and Sunday the last day of each week.

Each day, log your points into the Excel spread sheet or the paper log sheet, and submit the log sheet to Nancy at parishnurse@ruraltel.net or through the mail slot at the Rec **by the end of the day Monday**.

Healthy Behavior Points

1 point = I achieved my personal **Get Up, Get Out, Get Fit** wellness goal today.

2 points = I set a **new** personal wellness goal today, because I have reached my previous goal **daily for a week or more**.

1 point = I entered my **Get Up, Get Out, Get Fit** Points today onto my log sheet.

1 point = I logged my food intake today in a journal entry or into an app.

1 point = I use tobacco, and I decreased the number of cigarettes/amount of tobacco by $\frac{1}{2}$ today. (Compared to my normal use at the start of the program.)

3 points = I normally use tobacco, and I did not smoke or use tobacco at all today.

1 point = I would like to decrease my alcohol intake. Today, I consumed $\frac{1}{2}$ my normal intake of alcohol.

3 points = I would like to decrease my alcohol intake. Today, I did not drink alcohol at all.

1 point = I allowed myself at least 7 hours of sleep last night. (Maybe I did not sleep 7 hours, but I allowed myself 7 hours.)

1 points = I decreased my “butt time” (TV, tech time, screen time etc.) today by half or more (compared to the amount I spent sitting around at the start of the program).

1 point = I used my FitBit (or other fitness tracker, including a phone app) today.

3 points = I visited with the health department and insured that my immunizations are all up to date, including getting my annual flu shot. (This is a one-time report for the program.)

3 points = I visited with the health department and insured that my children’s recommended immunizations are all up to date, including their annual flu immunization. (This is a one-time report for the program.)

5 points = I scheduled and completed my annual health exam from my physician. (This is a one-time report for the program—it applies if you had your annual checkup at any time during 2017.)

5 points = I scheduled and completed my annual dental exam. (This is a one-time report for the program—it applies if you had your checkup at any time during 2017.)

5 points = I scheduled and completed my annual eye exam. (This is a one-time report for the program—it applies if you had your checkup at any time during 2017.)

Personal Growth Points

2 points = I prayed or meditated for at least 30 minutes today.

1 point = I read some type of self-improvement book for at least 30 minutes today. (Can be related to any part of well-being or health—physical, emotional, spiritual, financial, vocational, etc.)

2 points = I attended a faith-based group or did individual study for at least 30 minutes today. (ex. Bible study, devotions, etc.)

2 points = I attended a support group or class of some type today. (Weight management, AA/NA, Al-Anon, mental health, grief support, one of the Get Up, Get Out, Get Fit classes, etc.)

2 points = I attended a counseling session/therapy today.

2 points = I journaled today for at least 30 minutes.

1 point = I had “self-time” today for at least 30 minutes (doing something for your enjoyment—music, reading, talking to a friend, etc. **when it is not something you normally do**).

2 points = I participated in at least 30 minutes of community service/volunteer work today.

3 points = I attended worship today.

5 points = I donated blood today.

Encouraging Encounters with Others

1 point = I actively encouraged other **Get Up, Get Out, Get Fit** participants today.

1 point = I contributed an article or link to the **Get Up, Get Out, Get Fit** newsletter today.

1 point = I read the **Get Up, Get Out, Get Fit** newsletter today from the beginning to the end.

1 point = I got on the Rec, Prairie Faith Shared Ministry and/or Golden Prairie Extension Facebook pages and read the posts, links, and I commented, shared or liked today. (Prairie Faith and Golden Prairie have public access.)

1 point = I did a Random Act of Kindness today.

Exercise/Activity Points

1 point = I participated in 15 minutes of moderate intensity cardio activity today. (1 point for each 15 minutes.) (If your physician wants to limit you to light intensity workouts, go ahead and award yourself the points.)

1 point = I participated in a **new** or different physical activity today—**one I haven't ever tried before**, such as tennis, yoga, biking, running, interval training, Insanity, P90X, etc.

1 point – I participated in strength training for 30 minutes today. (1 point for each 30 minutes.)

1 point = I visited the Rec. Center today to work out.

1 point = My job is sedentary or I was traveling, and I got up and moved around for 5 minutes every hour today.

1 point = I participated in a Rec. Center activity or program today. (ex. basketball, tennis, pickleball, volleyball.)

1 point = I practiced yoga or Pilates today for at least 50 minutes.

Healthy Eating Points

1 point = I ate three ½ cup servings of vegetables (or more) and two ½ cup servings of fruit (or more) today.

1 point = At least ½ of the grains I consumed today were whole grains.

1 point = I consumed at least three servings of dairy today.

2 points = I have a sweet tooth, and I did not eat anything containing refined sugar today.

1 point = I stopped eating before 9 p.m. today. (Or stopped eating two hours or more before going to sleep if you work an evening or night shift.)

1 point = I drank at least eight glasses of water today. (More water may be recommended to stay hydrated if you are physically active.)

1 point = I am normally a breakfast-skipper, and I ate a nutritious breakfast today.

3 points = I love soda, and I did not consume any soda today. (These points are for people who were drinking soda at the start of the program and want to stop the habit.)

1 point = I made healthier choices at a restaurant today than I normally do when I eat out. (For example, choosing grilled foods over fried foods, choosing vegetables or salad over French fries, salad dressing on the side, etc.)

1 point = I made healthier choices eating meals at home today than I normally do when I eat at home. (Example, choosing grilled rather than fried foods; choosing fresh or frozen foods rather than canned; choosing whole grain bread rather than white bread, etc.)

Weight Management Points

(These are the only **weekly** points you will report, and only if they are applicable to your personal wellness goals.)

1 point per pound = I lost weight this week (if weight loss is your goal).

1 point per week = I maintained my weight (if maintaining is your goal).

1 point per pound = I gained weight this week (if gaining weight is your goal).

Please remember: this program is based on the HONOR SYSTEM. You are only cheating yourself by reporting false information. This program is designed to help you change your behaviors to meet your own goals toward an improved level of overall health and wellness. There is a weekly prize drawing for those who turn in an honest and well-rounded log sheet (points achieved in all areas—not just exercise or nutrition).