

Points Goal	10 Day Period	25 Point Minimum
Activity	Unit	Rec Points
Basketball (Competitive)	30 minutes	2 points
Bike/Stationary Bike	15 minutes	1 point
Bowling	30 minutes	.5 point
Broomball	30 minutes	1 point
Circuit Training (Minimal Rest)	30 minutes	2 points
Climbing Wall/Bouldering	15 minutes	1 point
Club Sport	30 minutes	1 point
Elliptical Machine	15 minutes	1 point
Fitness/Mind Body Class	15 minutes	1 point
Hockey (Competitive)	30 minutes	2 points
Ice Skating	15 minutes	1 mile
Informal/Open Recreation	15 minutes	.5 point
Intramural Sports Participation	30 minutes	1 point
Jog/Run/Walk	1 mile	1 point
Jump Rope	10 minutes	1 point
Martial Arts	30 minutes	1 point
Personal Training	45 minutes	3 points
Racquetball/Squash	30 minutes	2 points
Rollerbalding/Rollerskating	30 minutes	1 point
Rowing	15 minutes	1 point
Skiing: Cross Country	30 minutes	2 points
Skiing: Down Hill	30 minutes	1 point
Snoeshowing	30 minutes	1 point
Soccer	30 minutes	2 points
Step/Elliptical	10 minutes	1 point
Swim	10 minutes	1 point
Tennis (Competitive)	30 minutes	2 points
Tennis (Recreational)	30 minutes	1 point
Trying a new fitness/mind body class (Step out of comfort zone)	1 time	1 point
Volleyball (Competitive)	30 minutes	2 points
Volleyball (Recreational)	45 minutes	1 point
Wallyball (Competitive)	30 minutes	2 points

Wallyball (Recreational)	45 minutes	1 point
Weightlifting	30 minutes	2 points
Winter Fun (traying, tubing)	30 minutes	1 point
Diet/Water/Sleep	Unit	Points
Eat a healthy breakfast	1 time	.25 point
Fruits/Vegetables	One 1/2 cup serving	.5 point: 2.5 point max/day
Logging results on myfitnesspal.com	5-7 days per week	1 point per week
Replace a poor food/drink option with a healthy food/drink choice	1 full time replacement	1 point
Sleep	7-8 hours per night	.25 point per day
Try a NEW Healthy Recipe	1 recipe	1 point: max 1 point per week
Water Consumption	One 8 oz Glass	.25 point: 2 point max/day
Medical/Physical	Unit	Points
CPR/First Aid Certification	1 Certification	1 point
Dental Checkup/Cleaning	1 visit	1 point
Doctor Visit/Preventative Screening	1 visit	1 point
Weigh yourself daily or weekly	1 time	1 point per week
Social/Emotional/Mental Health	Unit	Points
Call/Visit an old friend or relative	1 time	.25 points: max of 2 points per week
Challenge the mind with Brain Games (crosswords, sudoku, trivia)	1 game	.25 points: max 2 points per week
Cheering on a varsity/IM/Club Sports Team	1 game	1 point
Date Night or Family Night with friends/family	1 time	1 point: max of 1 point per week
Invite Family/Friends to your home for an activity or meal	1 time	.25 points: max of 2 points per week
Join a Carleton group/organization/club	1 time	1 point: max of 5 points total
Join a special interest group/hobby/club	1 time	1 point: max of 5 points total
Learn a new skill or hobby	1 time	1 point: max of 5 points total
Make a Bucket List or Life Goal Sheet	1 time	1 point: max of 1 point
Participate in a Carleton Student Activity event	1 time	1 point: max of 5 points total
Read a Book	1 book	1 point: max of 5 points total
Research a culture or language different from your own	1 time	1 point: max of 5 points total
Treat yourself to something you enjoy (Massage, Movie, etc...)	1 time	.5 point: max 2 points per week
Utilize/Explore LifeStyles website:	1 visit	1 point: max of 5 points total
Volunteer for an organization/person	1 time	.5 points: max of 2 points per week
Workout with a friend	1 time	.5 point: max 2 points per week
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