



The Small Steps to Health and Wealth™ Challenge Tracking Form

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

Daily Activity	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
1. Ate at least 4 cups of fruits and vegetables								
2. Performed at least 30 minutes of physical activity								
3. Drank water or unsweetened beverages instead of sugar-sweetened beverages								
4. Ate at least 2 servings of whole grain foods								
5. Learned something new related to health and/or nutrition (reading, Internet, media, etc.)								
6. Saved a \$1 bill (or more) and/or loose change in a can or jar								
7. Invested \$5 (or more), including automatic deposits (e.g., 401(k)s)								
8. Tracked money spent throughout the day								
9. Ate lunch prepared at home instead of at deli or restaurant								
10. 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.