

FITMS Wellness Challenge Monthly Tracker

Week 1-3 (January 11-31, 2009)

Mind - PICK ONE PER DAY:

- 30 min. of reading
- 2-3 brain exercises/games
 - Jigsaw/crossword puzzles, word finds, memory games
- Journaling

Body - PICK ONE PER DAY:

- 5-9 servings of fruits/vegetables
- 48 oz. of water
- No junk food
- 20-30 min. of stretching, cardio and/or strength training

Spirit - PICK ONE PER DAY:

- 20-30 min. of service performed (community/church/family)
- Outing with friends or family
- Cultivate a new or old hobby
- 5-10 min. mediation/prayer



Bonus Points!

- Sign up as a Walk MS Team Captain and bring your team to the Walk and receive **25 bonus points!**
- Fundraise and participate at Walk MS and receive **10 bonus points!**
- Sign up a friend for the FitMS program and receive **2 bonus points per person!**

- January -

Total Points Per Day = 3, Total Points Per Week = 21 (7 in each M, B, S)

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Week 1	11			12			13			14			15			16			17			TOTAL			TOTAL						
	M	B	S	M	B	S	M	B	S	M	B	S	M	B	S	M	B	S	M	B	S	M	B	S		M	B	S	Week		
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Week 2	18			19			20			21			22			23			24			TOTAL			TOTAL						
	M	B	S	M	B	S	M	B	S	M	B	S	M	B	S	M	B	S	M	B	S	M	B	S		M	B	S	M	B	S
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Week 3	25			26			27			28			29			30			31			TOTAL			TOTAL						
	M	B	S	M	B	S	M	B	S	M	B	S	M	B	S	M	B	S	M	B	S	M	B	S		M	B	S	M	B	S
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Pick 1 item from Mind, Body and Spirit you want to work on for that day. Check off each day what you were able to accomplish and total those checks marks at the end of the week for a grand total of 21 points per week. Make sure to report your weekly totals to the Utah Chapter at 1.800.344.4867, option 2, 801.424.0122 fax, or rachael.lyon@nmss.org. Good luck!