

Healthy Eating Challenge



Healthy Eating Challenge Coordinator Log Sheet

Directions:

- Write the name of each team and individual participating in the challenge on the table below.
- Collect weekly point totals from individual participants and team captains from their My Healthy Eating Challenge Log Sheet or Team Log Sheet (respectively).
- Transfer each participant/team weekly total onto this sheet.
- At the end of the challenge, add any bonus or maintenance points and tally up the total points from each individual and team.

Make sure to encourage your participants during the challenge and congratulate them for their positive changes!

Participant/Team Name:	Challenge Activities				Extra Points		Total
	Week 1	Week 2	Week 3	Week 4	Bonus	Maintenance	IUlai