

Weekly Point Count (September 3, 2018—March 31, 2019)

NOTE: Maximum 10 Points daily. A number must appear in each box to be counted!

Date		Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Weekly Total
Week 1	9/3-9/9								
Week 2	9/10-9/16								
Week 3	9/17-9/23								
Week 4	9/24-9/30								
Week 5	10/1-10/7								
Week 6	10/8-10/14								
Week 7	10/15-10/21								
Week 8	10/22-10/28								
Week 9	10/27-11/4								
Week 10	11/5-11/11								
Week 11	11/12-11/18								
Week 12	11/19-11/25								
Week 13	11/26-12/2								
Week 14	12/3-12/9								
Week 15	12/10-12/16								
Week 16	12/17-12/23								
Week 17	12/24-12/30								
Week 18	12/31-1/6								
Week 19	1/7-1/13								
Week 20	1/14-1/20								
Week 21	1/21-1/27								
Week 22	1/28-2/3								
Week 23	2/4-2/10								
Week 24	2/11-2/17								
Week 25	2/18-2/24								
Week 26	2/25-3/3								
Week 27	3/4-3/10								
Week 28	3/11-3/17								
Week 29	3/18-3/24								
Week 30	3/26-3/31								

Exercise may be considered 30 minutes of any of the following:**

- Formal exercise program
- Walking
- House cleaning
- Garden work

NOTE: Only 30 minutes per day can be counted. Form must be completed to be counted, and at Extension Office by 12:00 noon on 4/5/19.

Total daily exercise points

Add total from other side

Grand Total:

Madison County Extension Homemakers

Get Moving! Get Healthy! Get Points!

From September 3rd through March 31st: Accumulate points by educating yourself and making your life and your family's more healthy. Prizes will be awarded only to those attending the Annual Meeting!

Special Points Activity	Special Points Awarded	Date completed
Walk or meaningful exercise (minimum 30 minutes/day) <i>(Complete schedule & keep track on other side of sheet)</i>	10/day	daily entry required
Annual physical exam with blood work	50	
Annual mammogram	30	
Annual eye exam	30	
Annual dental check-up	30	
Annual Flu Shot	30	
Annual dermatology (skin) check	30	
Attend health oriented presentations at Extension Center	50/presentation	
Attend Hot Women and Health - Women's Health Series Talks x 4	10/presentation	
Health related presentations by health chairs or other members during monthly meeting	30/presentation Total possible 210	
Attend a community health fair	50/function	
Renew or complete Women's Health Registry Form (Women's Health and You—WHY) New website: www.womenshealthandyou.org // Ph: 859-218-4869 Facebook: https://www.facebook.com/WomensHealthAndYou/	100	

2018-2019

MADISON COUNTY EXTENSION HOMEMAKERS

Get Moving! Get Healthy! Get Points!

From September 4th through March 31st: Accumulate points by educating yourself and making your life and your family's more healthy. Prizes will be awarded to those attending the Annual Meeting!

KEEPING ON TRACK

Make this your year for vibrant physical, mental and emotional health. Bring high spirits and good health practices with you wherever you go.

- ★ Educate
- ★ Plan
- ★ Follow Through
- ★ Record



Participant's Name: _____

Club Name: _____
(If Mailbox member, indicate "Mailbox")

My Weekly Point Goal is: _____

My Total Points: _____

If you have any questions, please call Health Education Program Chair,
Kay Jones (859) 893-7744