

BONAC ON BOARD WELLNESS LOG

Week of _____

Name _____ Grade _____ Homeroom Teacher _____

ON BOARD WELLNESS LOG	Physical Activity 30 minutes daily 1 pt per day	Adequate Sleep 7-8 hours of sleep daily 1 pt per day	Eat Breakfast Daily 1 pt per day	Fruits & Vegetables 5+ servings daily 1 pt per day	Avoid snacking on "junk foods" 1 pt per day	Brush and floss teeth daily 1 pt per day	Drink 6-8 + glasses of water daily 1 pt per day	Special Event (when posted) 10 pts
Day	Daily Points	Daily Points	Daily Points	Daily Points	Daily Points	Daily Points	Daily Points	Daily Points
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
Weekly Total								

For good health aim to earn 40 + points per week.

Parent signature _____ Student signature _____

Please return all logs to the wellness display in the cafeteria.