



Employee Name _____

Employee ID _____

Calculate the number of points by multiplying the point value for 30 minutes times the number of units

Activity / Exercise / Sport	Points			Your Progress
	30 Min. Unit Value	# of Units	Points per Activity	Activity Date(s)
Aerobics, Step Aerobics, Zumba	2.5		0	
Ballet, Twist, Jazz, Tap	1		0	
Basketball	1.5		0	
Biking, 10-11.9 mph, Light	1.5		0	
Bowling	0.5		0	
Boxing, Punching Bag	1.5		0	
Calisthenics, Vigorous, Pushups, Situps...	2.5		0	
Canoeing, Rowing, Moderate	2		0	
Dancing	1		0	
Fencing	1.5		0	
Football, Touch, Flag, General	2.5		0	
Golf, General	1		0	
Horseback Riding	1		0	
Jumping Rope, Slow	2.5		0	
Kayaking	1.5		0	
Martial Arts: Judo, Karate, Jujitsu, Kick Boxing, Tae Kwan Do	3		0	
Mowing Lawn, Standard Push Mower	1.5		0	
Painting	1		0	
Pilates (Beginner)	1		0	
Racquetball	2		0	

Activity / Exercise / Sport	30 Min. Unit Value	# of Units	Points per Activity	Activity Date(s)
Rock Climbing, Indoor	2.5		0	
Roller Blading	3		0	
Roller Skating	2		0	
Rowing Machine, Moderate	2		0	
Running, 5 mph (12 minute mile)	2.5		0	
Skateboarding	1.5		0	
Snorkeling	1.5		0	
Soccer	2		0	
Softball or Baseball	1.5		0	
Spinning, Stationary Cycling, Moderate	2		0	
Stair Machine	2.5		0	
Swimming Laps, Freestyle, Slow	2		0	
Table Tennis, Ping Pong	1		0	
Tennis	2		0	
Trampoline	0.5		0	
Walking 3.0 mph, Moderate	0.5		0	
Walking 4.0 mph, Very Brisk	1.5		0	
Water Aerobics	1		0	
Weight Lifting, Body Building, Vigorous	1.5		0	
Wii Fit Games	2		0	
Wii Games (Non-Wii Fit)	1		0	
Yoga	0.5		0	
	Total Points <i>(minimum of 20)</i>		0	
	Total Hours <i>(minimum of 10)</i>		0	