

Temple Triathlon Captain's Tracking Form

Team Name: _____

Week	Item	Guidelines for points	Name	Name	Name	Name	Total
Week 1	Fruit/Vegetables:	1 point per serving (Recommend 5 Servings/day)					
	Physical Activity:	5 pts for 1 st 30 min, 1 pt. for ea. additional 15 min					
	Sp. Form/ Quiet time	5 pts for 1 st 15 min, 1 pt for ea. additional 15 min					
		Total					
Week 2	Fruit/Vegetables:	1 point per serving					
	Physical Activity:	5 pts for 1 st 30 min, 1 pt. for ea. additional 15 min					
	Sp. Form/ Quiet time	5 pts for 1 st 15 min, 1 pt for ea. additional 15 min					
		Total					
Week 3	Fruit/Vegetables:	1 point per serving					
	Physical Activity:	5 pts for 1 st 30 min, 1 pt. for ea. additional 15 min					
	Sp. Form/ Quiet time	5 pts for 1 st 15 min, 1 pt for ea. additional 15 min					
		Total					
Week 4	Fruit/Vegetables:	1 point per serving					
	Physical Activity:	5 pts for 1 st 30 min, 1 pt. for ea. additional 15 min					
	Sp. Form/ Quiet time	5 pts for 1 st 15 min, 1 pt for ea. additional 15 min					
		Total					
Week 5	Fruit/Vegetables:	1 point per serving					
	Physical Activity:	5 pts for 1 st 30 min, 1 pt. for ea. additional 15 min					
	Sp. Form/ Quiet time	5 pts for 1 st 15 min, 1 pt for ea. additional 15 min					
		Total					
Week 6	Fruit/Vegetables:	1 point per serving					
	Physical Activity:	5 pts for 1 st 30 min, 1 pt. for ea. additional 15 min					
	Sp. Form/ Quiet time	5 pts for 1 st 15 min, 1 pt for ea. additional 15 min					
		Total					

See guidelines sheet for serving sizes on back