

Name: _____

Temple Triathlon Daily Tracking Form

Week	Fruits/Vegetables 1 pt per serving	Physical Activity 1 st 30 min = 5pts 1 pt. for ea. add'l 15 min	Family Spiritual Formation/Quiet Time 15 min = 5 pts 1 pt for ea. add'l 15 min	Total
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Names: _____

Temple Triathlon Daily Tracking Form

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Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

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					