

# Points Chart

## 1. Physical Activity

Total Steps for Week	Points Awarded
0 – 6,999	0
7,000 – 13,999	1
14,000 – 20,999	2
21,000 – 27,999	3
28,000 – 34,999	4
35,000 – 41,999	5
42,000 – 48,999	6
49,000 – 55,999	7
56,000 – 62,999	8
63,000 – 69,999	9
70,000 +	10

## 2. Fruits and Vegetables

Total Fruits and Vegetable Servings for Week	Points Awarded
0 – 7 (1/day)	0
8 – 14 (2/day)	2
15 – 21 (3/day)	4
22 – 28 (4/day)	6
29 – 34 (almost 5/day)	8
35 + (5+/day)	10

## 3. Red Meat

Total Red Meat Servings for Week	Points Awarded
12 +	0
10 – 11	2
8 – 9	4
6 – 7	6
4 – 5	8
Less than 3	10

## 4. Multivitamins

Total Multivitamins for Week	Points Awarded
0	0
1	0
2	0
3	2
4	4
5	6
6	8
7	10

## 5. Smoking

Smoking for Week	Points Awarded
Yes	0
No	10