

Exercise/Water/5 A Day Log

Using your username and password received via email you will enter your data online at <http://getfit.fhn.org> once a week. Each week you will receive a Get Fit Newsletter, via email, which highlights the last date in which you logged your points as well as your individual and team points to date.

How will points be calculated?

Since our goal is to promote healthy living through exercise and healthy eating, exercise points, water points, and 5-A-Day points will count for the majority of your team points. Points will also be awarded for attending educational sessions, weight loss and percentage of body fat lowered.

- **Exercise**

Exercise points can be achieved by doing aerobic activity as well as strength training.

Aerobic Activity

30 minute minimum 3 days per week.

Examples: Fast walking, biking, swimming, racquetball, basketball, aerobics...any continuous activity that keeps your heart rate elevated.

30 minutes 3 days = 2 points

30 minutes 4 days = 4 points

30 minutes 5 days = 6 points

Maximum individual points = 72

Strength Training

15 minute minimum every other day

15 minutes 1 day = 2 points

15 minutes 2 days = 3 points

15 minutes 3 days = 4 points

Maximum individual points = 48

- **5-A-Day**

1 point will be given for each day that 5 servings of fruits/vegetables are consumed, for a total of 7 possible points per week individually.

Maximum individual points = 84

- **Water Points**

Water points can be earned by drinking 4 glasses, or 32 oz, of water each day. You can earn 1 point each day for drinking 32 oz of water for a total of 7 possible points each week.

Maximum individual points = 84

- **Education and Participation Points**

Education and participation points can be earned by attending educational sessions offered for Get Fit participants.

- 5 points will be given for each educational session you attend (points will be deducted for leaving early or coming late).

- Up to 3 points can be earned by those who are not able to attend the educational sessions by reviewing the presentations via the Get Fit website and answering 3 questions correctly (one point for each right answer).
- 10 points will be given to those who attend the “Individual and Team Motivation Day.” More information about this day will be available at the initial screening.

Maximum individual points = 20

- **Weight Points**

Weight will be calculated based on percentage of body weight lost or gained. Each percentage of weight loss will equal one point (-1 for weight gain); points will be multiplied by 5 to equal total points.

Example: Joe weighed in at 160 pounds. He lost 16 pounds, or 10% of his weight. Joe will earn 50 points.

- **Body Fat Points**

Ranges From Initial Screen to Final Screen Points

Recommended	→	Recommended	50
Above Recommended	→	Above Recommended	0 or 25

NOTE: (25 points will be awarded for those that lower their % by 4% or more)

Above Recommended	→	Recommended	50
Recommended	→	Above Recommended	-25

Body fat will be calculated by comparing initial screen to final screen using the Recommended Body Fat Percent Ranges chart below. If you are within the recommended body fat range for your age from initial to final screen, you will earn **50 points**. If you are above the recommended body fat ranges at the initial and final health screen, you will receive **0 points** unless you have lowered your percentage of body fat by 4% or more, in which case you will receive **25 points**. If you are above the recommended body fat ranges at the initial screen and are within normal ranges at the final screen, you will earn **50 points**. If you are in the recommended ranges at the initial screen and fall above the recommended levels at the final screen, you will lose **25 points**.

Recommended Body Fat Percent Ranges

Male %		Female %	
<u>Age</u>	<u>Body Fat %</u>	<u>Age</u>	<u>Body Fat %</u>
18 - 39	8 - 19%	18 - 39	21-32 %
40 – 59	11 – 21 %	40 – 59	23 – 33 %
60 – 79	13 – 24 %	60 – 79	24 – 35 %

Shape UP America! U.S. Surgeon General C. Everett Koop, MD