

Name: _____ Rank: _____ Date: _____

Email: _____ Garrison: _____

BHI BeFit For Life Program

Appendix A

Physical Activity						
<p>Steps per day: 10000 = 1 point, 15000= 2 points, 20000+ = 4 points</p> <p>Aerobic Exercise per day: 30 mins = 1 point, 60+ min = 3 points</p> <p>Strength Training per day: 30 mins = 1 point, 60+ min = 3 points</p> <p>Max points per category = 15 points per week</p> <p>MEDDAC - B BONUS POINTS – Exercise Testing and Prescription, Metabolic Testing and Weight Management, Body Composition Assessment and Health/Wellness Coaching = 1 point each (appointment slip needed for credit)</p>						
ACTIVITY	Week __	Week __	Week __	Week __	Week __	Week __
STEPS						
AEROBIC EXERCISE						
STRENGTH TRAINING						
MEDDAC - B BONUS POINTS						
Total Weekly Activity Points MAX 15 pts + BONUS						

Nutrition						
<p><u>Daily Nutrition Goals = 4 points per day if all four goals are met. 2 Points per day if you challenge yourself to meet goals but don't not reach them fully</u></p> <p>4 Servings per day of Fruits & Vegetables</p> <p>2 servings of lean protein per day</p> <p>5-6 servings unprocessed carbohydrates</p> <p>Minimum 64 oz. of Water</p> <p>Max points per category = 15 points per week</p> <p>MEDDAC - B BONUS POINTS – Fit for Performance, Bariatric Prep, Heart Healthy Nutrition, Diabetes Management, Individual Nutrition Counseling = 1 point per class or session (appointment slip needed for credit)</p>						
FOOD	Week __	Week __	Week __	Week __	Week __	Week __
Fruits & Vegetables						
Proteins						
Carbs						
Fats & Sugars						
Alcohol Consumption - Negative Point						
MEDDAC - B BONUS POINTS						
Total Weekly Nutrition Points MAX 15 pts + BONUS						

Name: _____ Rank: _____ Date: _____

Email: _____ Garrison: _____

BHI BeFit For Life Program

Appendix A

Sleep						
7-9 hours per night = 2 points under 7 hours per night = 1 points MEDDAC - B BONUS POINTS – Sleep Education Class = 1 point per class (appointment slip needed for credit)						
SLEEP	Week __	Week __	Week __	Week __	Week __	Week __
MEDDAC - B BONUS POINTS						
Total Sleep Points MAX 14 pts						

Mindfulness Fitness						
1 Point for each mood logged MEDDAC - B BONUS POINTS – Tobacco Cessation, Stress management/biofeedback, General BH Services = 1 point per session (appointment slip needed for credit)						
MOOD	Week __	Week __	Week __	Week __	Week __	Week __
MEDDAC - B BONUS POINTS						
Total Mood Points MAX 7 pts						

Totals Points (all 4 categories)	Week __	Week __	Week __	Week __	Week __	Week __
Points						