

## SUSTAINED MILESTONE POINTS TRACKER

After developing healthy life-style patterns with the Six Week Program, participants can transition into the Sustained Milestone Points Program. In this phase of the Bavaria Health Initiative, participants are rewarded for achieving wellness milestones (500; 1,000; 1,500; 2,000; 2,500; 3,000; 3,500; 4,000; 4,500; 5,000 and "For Life" points).

Track and record your weekly points and submit at [usarmy.bavaria.id-europe.list.fitness-programs@mail.mil](mailto:usarmy.bavaria.id-europe.list.fitness-programs@mail.mil) to earn certificates of achievement and milestone patches.

|                    |   |                               |  |                               |                               |
|--------------------|---|-------------------------------|--|-------------------------------|-------------------------------|
| <h2>NUTRITION</h2> | <b>Daily goal</b><br>Goal met = 4 points<br>Goal attempted = 2 points<br><b>Negative Points</b><br>Saturated fats = -1 point<br>& added sugars<br>Excess alcohol = -1 point |                               | <b>Serving goals</b><br>4 servings of fruits & vegetables<br>2 servings of lean protein<br>5-6 servings of unprocessed carbohydrates<br>Minimum 64 oz. of water<br>MAX 20 per week |                               |                               |
|                    | Week <input type="checkbox"/>   | Week <input type="checkbox"/> | Week <input type="checkbox"/>  | Week <input type="checkbox"/> | Week <input type="checkbox"/> |

**Bonus Points**




Make healthier food choices by selecting fruits, vegetables, grains, dairy and protein items at least three times per day to get the most nutrition and meet your personal calorie needs. Aim for a variety from each food group and limit saturated fat, sodium, added sugars and alcohol consumption.

|               |  |                               |  |                               |                               |
|---------------|--|-------------------------------|--|-------------------------------|-------------------------------|
| <h2>MIND</h2> | Log your mood = 1 point<br>Relaxing activity = 1 point |                               | <b>Total Weekly points</b><br>MAX 7 per week |                               |                               |
|               | Week <input type="checkbox"/>                          | Week <input type="checkbox"/> | Week <input type="checkbox"/>                | Week <input type="checkbox"/> | Week <input type="checkbox"/> |

**Bonus Points**




Having a healthy and strong mind allows you to handle the challenges life serves. It also improves concentration and focus to handle stress more effectively. Spiritual connectedness can increase personal peace, happiness and well-being. Breathing and relaxation exercises help reduce blood pressure and mental tension.

|  |   |                           |                           |                           |   |                           |
|--|---|---------------------------|---------------------------|---------------------------|---|---------------------------|
|  <h2>SLEEP</h2> | 7-9 Hours per night = 2 points<br>Under 7 Hours per night = 1 point |                           |                           |                           | <b>Total Weekly points</b><br>MAX 14 per week |                           |
|  | Week <input type="text"/>   | Week <input type="text"/> | Week <input type="text"/> | Week <input type="text"/> | Week <input type="text"/>                     | Week <input type="text"/> |

**Bonus Points**




Having good sleep habits is critical to your health. Seven to eight hours of sleep are recommended each day. Remove distractions from the room that will interrupt sleep and create a quiet, dark, comfortable sleeping environment. Do not exercise or drink alcohol before bed and do not go to bed hungry.

|  |   |  |   |
|--|---|--|---|
|  <h2>FITNESS</h2> | <b>Daily steps</b><br>7,000 = 1 point<br>10,000 = 2 points<br>15,000 = 3 points<br>20,000 = 4 points<br>MAX 15 per week | <b>Aerobic exercise</b><br>30 minutes = 1 point<br>60+ minutes = 3 points<br>MAX 15 per week | <b>Strength exercise</b><br>30 minutes = 1 point<br>60+ minutes = 3 points<br>MAX 15 per week |
|  | Week <input type="text"/>   | Week <input type="text"/>  | Week <input type="text"/>   |

**Bonus Points**



Physical activity is more than just "exercise" or "working out" it's living an active lifestyle. Regular movement throughout the day inspires positive health outcomes over time. Endurance can be improved by eliminating tobacco use. Exercise can help prevent and reduce symptoms of anxiety and depression.

|   |                           |                           |                           |                           |                           |
|---|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|
|  <h2>TOTAL POINTS</h2> | All four categories       |                           |                           |                           |                           |
|   | Week <input type="text"/> | Week <input type="text"/> | Week <input type="text"/> | Week <input type="text"/> | Week <input type="text"/> |

**BONUS POINTS** can be earned through special events and classes provided across USAG Bavaria. *Stay connected for activities that offer these points!*

VISIT [GRAFENWOEHR.ARMYMWR.COM](http://GRAFENWOEHR.ARMYMWR.COM) FOR MORE DETAILS



# OWNING MY OWN READINESS

## SUSTAINED MILESTONE POINTS

**REGISTER >> TRACK >> SUBMIT**

Earn Certificates of Achievement & milestone patches!

### NUTRITION

#### Daily Nutrition Goals

All goals met = 4 points per day  
Goals not met = 2 points per day but attempted

#### Goals

- 4 servings per day of fruits & vegetables
- 2 servings of lean protein per day (beans, non-fat dairy, chicken breast, etc.)
- 5-6 servings unprocessed carbohydrates (fruits, vegetables & whole grains)
- Minimum 64 oz. of water

#### Negative Points

Saturated fats & added sugars = -1 point  
Excess alcohol = -1 point

### MIND

Log moods = 1 point for each  
Relaxing activity = 1 point

#### BONUS POINTS = 1 point

These points can be earned through special events and classes provided across USAG Bavaria. **Stay connected for activities that offer these points!**

### SLEEP

7-9 hours per night = 2 points  
<7 hours per night = 1 point

### FITNESS

#### Steps

7,000 = 1 point  
10,000 = 2 points  
15,000 = 3 points  
20,000+ = 4 points  
(max 15 points per week)

#### Aerobic Exercise

30 minutes = 1 point  
60+ minutes = 3 points  
(max 15 points per week)

#### Strength Training

30 minutes = 1 point  
60+ minutes = 3 points  
(max 15 points per week)



U.S. ARMY  
**MWR**  
USAG BAVARIA

FOR MORE DETAILS VISIT  
[GRAFENWOEHR.ARMYMWR.COM](http://GRAFENWOEHR.ARMYMWR.COM)