

Type of Points	How to get points	Maximum points
Focus Area	<p>Each week – to receive Focus Area points be sure to record your activity for each day (even if it is zero).</p> <ul style="list-style-type: none"> <i>Eat Smart:</i> Record the number of cups of fruits and vegetables and the number ounces of grains that you eat on the same day at least 3 out of 7 days each week = 50 points. <i>Move More:</i> Record the number of minutes you participate in aerobic activity and whether or not you participated in a muscle strengthening activity on the same day at least 3 out of 7 days = 50 points. 	<p>Week 1 max = 50 points Week 2 max = 50 points Week 3 max = 50 points Week 4 max = 50 points Week 5 max = 50 points Week 6 max = 50 points Event max = 300 points</p>
Challenge	<p>Each week –</p> <ul style="list-style-type: none"> <i>Eat Smart:</i> <ul style="list-style-type: none"> Eat at least 2 cups of fruit, 3 cups of vegetables and 6 ounce equivalents of grains on the same day at least 3 out of 7 days = 20 points; Eat at least 2 cups of fruit, 3 cups of vegetables and 6 ounce equivalents of grains on the same day at least 4 out of 7 days = 40 points; Eat at least 2 cups of fruit, 3 cups of vegetables and 6 ounce equivalents of grains on the same day at least 5 out of 7 days = 60 points; Eat at least 2 cups of fruit, 3 cups of vegetables and 6 ounce equivalents of grains on the same day at least 6 out of 7 days = 80 points; Eat at least 2 cups of fruit, 3 cups of vegetables and 6 ounce equivalents of grains on the same day at least 7 out of 7 days = 100 points. <i>Move More:</i> <ul style="list-style-type: none"> Get at least 30 minutes of aerobic activity and participate in a muscle strengthening activity on the same day 3 out of 7 days = 20 points; Get at least 30 minutes of aerobic activity and participate in a muscle strengthening activity on the same day 4 out of 7 days = 40 points; Get at least 30 minutes of aerobic activity and participate in a muscle strengthening activity on the same day 5 out of 7 days = 60 points; Get at least 30 minutes of aerobic activity and participate in a muscle strengthening activity on the same day 6 out of 7 days = 80 points; Get at least 30 minutes of aerobic activity and participate in a muscle strengthening activity on the same day 7 out of 7 days = 100 points. 	<p>Week 1 max = 100 points Week 2 max = 100 points Week 3 max = 100 points Week 4 max = 100 points Week 5 max = 100 points Week 6 max = 100 points Event max = 600 points</p>
Extra Credit	<p>Week 1 – Complete 1 extra credit activity Week 2 – Complete 1 extra credit activity Week 3 – Complete 1 extra credit activity Week 4 – Complete 1 extra credit activity Week 5 – Complete 1 extra credit activity Week 6 – Complete 1 extra credit activity</p>	<p>Week 1 max = 10 points Week 2 max = 10 points Week 3 max = 10 points Week 4 max = 10 points Week 5 max = 10 points Week 6 max = 10 points Event max = 60 points</p>
Quiz	<p>Quiz 1 – Complete quiz Quiz 2 – Complete quiz Quiz 3 – Complete quiz Quiz 4 – Complete quiz</p>	<p>Quiz 1 max = 10 points Quiz 2 max = 10 points Quiz 3 max = 10 points Quiz 4 max = 10 points Event max = 40 points</p>

Example 1 (Move More):

This participant received Focus Area points for but did not receive Challenge points Week 2.

my team zone

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Don't forget to record your muscle strengthening and aerobic activity for at least 3 days to be eligible for Live Well Challenge Awards.

Move More Tracker - Week 2

Category	Monday, July 27, 2009	Tuesday, July 28, 2009	Wednesday, July 29, 2009	Thursday, July 30, 2009	Friday, July 31, 2009	Saturday, Aug. 1, 2009	Sunday, Aug. 2, 2009
Muscle Strengthening	<input type="radio"/> Yes <input checked="" type="radio"/> No	<input checked="" type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input checked="" type="radio"/> No	<input type="radio"/> Yes <input checked="" type="radio"/> No	<input type="radio"/> Yes <input checked="" type="radio"/> No	<input checked="" type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input checked="" type="radio"/> No

Category: **Aerobic Activity**

Choose your activity, then choose the level of intensity, then enter your minutes. You may enter several activities at varying intensity levels each day.

Activities * My levels of activity

--Select-- Mon Tue Wed Thu Fri Sat Sun

Level of intensity * [] [] [] [] [] [] []

Select an activity type Measure in minutes

Bicycling
Bicycling 5 to 9 mph, level terrain, or with few hills (moderate)

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30	0	10	0	0	0	0

Measure in minutes Edit • Delete

Hiking
Hiking - general (moderate)

Mon	Tue	Wed	Thu	Fri	Sat	Sun
0	0	0	40	0	0	0

Measure in minutes Edit • Delete

Sports/other activities
Basketball game (vigorous)

Mon	Tue	Wed	Thu	Fri	Sat	Sun
0	0	0	0	0	25	0

Measure in minutes Edit • Delete

Questions?
Contact Health Matters Team
at FocusOnEmployees@kingcounty.gov or
at 206-263-7333

I want to see [my progress](#) so far.



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Live Well Challenge

Activity Tracker

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My Progress

There are a variety of ways to earn points. More information about [how to earn points](#) is available on the Health Matters website.

My Scorecard - Week 2

Category	Total amounts	National recommendations	Days recorded	Days met recommendations	Quizzes & extra credit
Aerobic Activity	130 minutes	30 minutes	7	3	- None -
Muscle Strengthening	2 "Yes"	"Yes"	7	2	

I want to update activity in [my tracker](#).

My Scorecard - Week 1

Category	Total amounts	National recommendations	Days recorded	Days met recommendations	Quizzes & extra credit
Aerobic Activity	445 minutes	30 minutes	5	5	<ul style="list-style-type: none"> Eat Smart quiz Register for the Puget Sound Heart Walk
Muscle Strengthening	0 "Yes"	"Yes"	7	0	

I want to update activity in [my tracker](#).

My Points

Week	Focus Area	Challenge	Quiz	Extra Credit	Total
1	50	0	10	10	70
2	50	0	0	0	50
Totals	100	0	10	10	120

Example 2 (Move More):

This participant received Focus Area points and Challenge points for Week 2.

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Don't forget to record your muscle strengthening and aerobic activity for at least 3 days to be eligible for Live Well Challenge Awards.

Move More Tracker - Week 2

Category	Monday, July 27, 2009	Tuesday, July 28, 2009	Wednesday, July 29, 2009	Thursday, July 30, 2009	Friday, July 31, 2009	Saturday, Aug. 1, 2009	Sunday, Aug. 2, 2009
Muscle Strengthening	<input checked="" type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input checked="" type="radio"/> No	<input checked="" type="radio"/> Yes <input type="radio"/> No	<input checked="" type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input checked="" type="radio"/> No	<input checked="" type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input checked="" type="radio"/> No

Category: Aerobic Activity

Choose your activity, then choose the level of intensity, then enter your minutes. You may enter several activities at varying intensity levels each day.

Activities *

--Select--

Level of intensity *

Select an activity type

My levels of activity

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Measure in minutes

Bicycling
Bicycling 5 to 9 mph, level terrain, or with few hills (moderate)

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30	0	35	0	0	0	0

Measure in minutes

Hiking
Hiking - general (moderate)

Mon	Tue	Wed	Thu	Fri	Sat	Sun
0	0	0	40	0	0	0

Measure in minutes

Sports/other activities
Basketball game (vigorous)

Mon	Tue	Wed	Thu	Fri	Sat	Sun
0	0	0	0	0	45	0

Measure in minutes

Contact Health Matters Team at FocusOnEmployees@kingcounty.gov or at 206-263-7333

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My Progress

There are a variety of ways to earn points. More information about [how to earn points](#) is available on the Health Matters website.

My Scorecard - Week 2

Category	Total amounts	National recommendations	Days recorded	Days met recommendations	Quizzes & extra credit
Aerobic Activity	195 minutes	30 minutes	7	4	- None -
Muscle Strengthening	4 "Yes"	"Yes"	7	4	

I want to update activity in [my tracker](#).

My Scorecard - Week 1

Category	Total amounts	National recommendations	Days recorded	Days met recommendations	Quizzes & extra credit
Aerobic Activity	445 minutes	30 minutes	5	5	<ul style="list-style-type: none"> Eat Smart quiz Register for the Puget Sound Heart Walk
Muscle Strengthening	0 "Yes"	"Yes"	7	0	

I want to update activity in [my tracker](#).

My Points

Week	Focus Area	Challenge	Quiz	Extra Credit	Total
1	50	0	10	10	70
2	50	40	0	0	90
Totals	100	40	10	10	160