

## New Jersey Education Wellness Week

### Individual Scoring Checklist

Instructions: For each day you complete a task (5) within one of the Goals (5), give yourself a point. You can score up to 50 points in total **per day** (5 Goals x 10 Tasks) and up to 250 points for the week.

For school or district wellness coordinators, please tally your scores for each goal and in total.

Goal 1: Nutrition	Scoring				
	Mon	Tues	Wed	Thur	Fri
1. Eat only plant-based foods					
2. Eliminate toxins, additives, GMO's from diet					
3. Cut out sugar, flour, and simple carbs					
4. Eat raw vegetables and fruit at least once/day					
5. Eat seeds & nuts, at least once/day					
6. Avoid all processed foods					
7. Eat something fermented					
8. Drink almond milk instead of cow's milk					
9. Eat some type of mushroom					
10. Eat berries at least once/ day					
Total School Score for Goal #1					
Total District Score for Goal #1					
Goal 2: Rest & Relaxation (Mindfulness)	Scoring				
1. Spend at least five minutes being peaceful without thinking					
2. Spend at least five minutes attending to proper breathing					
3. Go to bed early enough to get 8 hours of sleep					
4. Translate one 'symptom' into a message from the body to act upon					
5. Spend five minutes appreciating nature and your connection with it					
6. Recycle or compost to commune with nature					
7. Eat one meal with extra time tasting, smelling, and savoring the food					

8. Listen to nature for at least five minutes					
9. Get a massage					
10. Spend five minutes petting an animal					
Total School Score for Goal #2					
Total District Score for Goal #2					
<b>Goal 3: Relationships</b>	<b>Scoring</b>				
1. Lean into at least one current conflict					
2. Share a feeling instead of a thought, belief, or perspective 3x/day					
3. Tell somebody how you feel about them, embracing intimacy					
4. Disclose something personal about yourself to deepen a relationship					
5. Pay somebody a compliment that you have never affirmed before					
6. Revisit an old conflict for greater closure					
7. Do a nice gesture anonymously					
8. Turn one judgment into a lesson about yourself					
9. Identify one unmet need from a feeling					
10. Assert yourself in a firm but kind manner					
Total School Score for Goal #3					
Total District Score for Goal #3					
<b>Goal 4: Exercise</b>	<b>Scoring</b>				
1. Stretch at least 10 minutes					
2. Walk for at least 10 minutes					
3. Engage in one enjoyable activity that raises your heart rate for at least 15 minutes					
4. Do yoga from a video or taking a class					
5. Do 10 pushups					
6. Do 10 sit-ups					
7. Walk for 15 minutes without stopping					
8. Do 10 squats or lunges					
9. Do 30 jumping jacks					
10. Improve your posture for 30 minutes					
Total School Score for Goal #4					

Total District Score for Goal #4					
<b>Goal 5: Fun &amp; Recreation</b>	<b>Scoring</b>				
1. Watch a comedy with a friend, or view a comedian on YouTube with a colleague					
2. Play a board game, a club sport, or some type of indoor social activity					
3. Infuse fun into at least one lesson plan where the goal is learning through laughing					
4. Wear a silly outfit or article of clothing to school					
5. Support your local community theatre by seeing a play (extra for going as a group)					
6. Make a fun group plan to continue supporting and holding others accountable					
7. Listen to a song that makes you smile					
8. Download an app that encourages fun social engagement					
9. Find one trait about yourself that you aren't happy with and find a way to make light of it					
10. One night during the week, do something enjoyable that you have never done before					
Total School Score for Goal #5					
Total District Score for Goal #5					
Total School Score					
Total District Score					