



YOU RULE™

MONTH #2



POINTS TRACKER



2 WAYS TO GET SWITCH POINTS

1. Choose this week's **DO, VIEW, CHEW** (or all 3!) goal(s).
2. Track what you **DO, VIEW, CHEW** (or all 3!) as many of the days of the week as you can.

Give yourself 3 points for each goal you meet each day.

Record any extra Switch Points.

3. **Earn** Switch Points. Color in the circle for each day to claim your points. How many Switch Points did you earn?

THIS WEEK'S **DO, VIEW, CHEW** GOAL(S):

MINUTES
(OR MORE)
OF ACTIVITY
A DAY

HOURS OF
SCREEN
TIME (OR
LESS) A DAY

FRUITS AND
VEGGIES
(OR MORE)
A DAY

ACTIVITY POINTS:

RECORD ANY EXTRA SWITCH POINTS YOU'VE EARNED THIS WEEK



MONTH #2

NAME _____ GRADE _____

TEACHER /LEADER _____ SCHOOL /CLUB _____

SWITCH POINTS

3 points any day you meet your goal, plus any extra Switch Points you've earned

DO
GOAL

M T W Th F Sa Su

+ + + + + +

VIEW
GOAL

M T W Th F Sa Su

+ + + + + + =

CHEW
GOAL

M T W Th F Sa Su

+ + + + + +

ACTIVITY POINT
TOTAL

SWITCH POINT
TOTAL