

STUDENT ACTIVITIES

FITNESS

- W Walking (1 point per time: 20 minutes minimum)**
- J Jogging (1 point per time: 15 minutes minimum)**
- B Bicycling (1 point per time indoor or outdoor:
20 minutes minimum)**
- A Aerobics (1 point per time: 20 minutes minimum)**
- WT Weight training (1 point per time: 25 minutes minimum)**
- TE Team/individual sports such as volleyball, basketball,
soccer, racquetball, tennis, etc. (1 point per time:
30 minutes minimum)**
- S Swimming (1 point per time: 20 minutes minimum)**
- RS Rope jumping (1 point per time: 15 minutes minimum)**
- G Golf (1 point per time: 9 holes, no cart)**
- CC Cross country skiing (1 point per time: 20 minutes
minimum)**
- RK Roller skating/blades (1 point per time: 20 minutes
minimum)**
- SC Stair climbing (1 point per time: 20 minutes minimum)**
- SB Shooting baskets (1 point per time: 30 minutes minimum)**
- D Dance class (1 point per time: 30 minutes minimum)**
- C Combination (1 point by combining any of the above
activities for a total of 30 minutes minimum)**

GENERAL HEALTH

- SV Wear seat belts every time in a vehicle (1 point per
month)**
- EC Eliminate pop/soda from diet for one week (1 point
per week)**
- VO Volunteer to help at home, church or other organization
without being asked. (1 point per week: 30 minutes
minimum)**
- N Eat a minimum of 2 servings of fruit and vegetables each
day for any five days in a week. (1 point per week)**