



# EAT SMART, GET MOVING!

## Group Tracking Form



Phase: \_\_\_\_\_

Weeks: \_\_\_\_\_ and \_\_\_\_\_



### Instructions:

The team leader collects individual tracking sheets from each SNA member on the team at the end of each 2-week period (calendar for specific dates can be found in downloadable materials).

Add the individual team member totals for the specified week and enter your total in the chart below. Add team bonus points as appropriate. You may wish to complete the math function. This will be automatically calculated for you when you enter your team's total and number of team members into the electronic reporting tool.

Then go to "Report Your Progress" and enter your team's total and total number of active team members for the specified week. The computer will generate the average for your team and respond with a progress map for you to print and share with your team.

Points must be entered online in one-week increments. Use the columns for week number and end date to help you keep track.

Week #	End Date	Team Total	÷	# of Team Members	+	5 BONUS POINTS for working together*	=	Total Average Points for Team
			÷				=	
			÷				=	

**Additional Bonus for "Healthy Meeting"\*\*\* x 10 = \_\_\_\_\_**

**Eligibility requirements for extra team bonus points. Teams must have 2 or more team members.**

\*To earn 5 points for a specific week: At least 3 team members working together to discuss goals and strategies, review messages in tips and newsletters, eat together, or exercise together at least 2 times during that week.

\*\*Only 3 healthy meeting bonuses allowed per team for each phase. Criteria for Healthy Meetings can be found in the *Downloadable Materials* section on [www.EatSmart-GetMoving.org](http://www.EatSmart-GetMoving.org).