



Eagles vs Ravens 2007

Scorecard Directions

There are two ways you can use the scorecard form:

- ◆ You can download it to your computer, print it out, use a pen to record your points, and then mail it to SEARHC-Health Promotion, 3245 Hospital Drive, Juneau, Alaska, 99801, or send it by fax to 364-4489; or
- ◆ You can download it to your computer, then open the file using Adobe Acrobat and type your information and points into the boxes, save the file back to your computer, then e-mail the form to evr@searhc.org as an attachment.

Please log the total number of points you earned for each day into the boxes, for example if you performed one hour of volunteer work on Tuesday then you put a five (5) in the corresponding box for that activity. The scoring system is listed below.

Scoring

Participants can earn five points per day in each of the following categories:

- ◆ Five or more fruits/vegetables consumed per day
- ◆ Six or more glasses of water consumed per day
- ◆ 30 minutes or more of physical activity per day
- ◆ 30 minutes or more of stress reduction/relaxation per day (this is for yoga, meditation, T'ai Chi Chih, gardening, playing a musical instrument, etc., not for TV/computer time)
- ◆ Participating in community service/volunteer work for one hour or more per day
- ◆ Attending a community/cultural event that is not sponsored by Eagles vs. Ravens

Participants can only earn five points per category once per day, no multiples except in physical activity where five points can be earned for every 30 minutes of physical activity. That means a 60-minute bike ride counts as 10 points and a 90-minute soccer game counts as 15.

Attending Eagles vs. Ravens-sponsored regular events will earn participants 50 points per event. Events will include weekly swims and walks, and periodic rock climbs. Participants must sign in at events to be awarded points.

There are five ways to earn special awards of 100 points, for a total of 500 points. The first way is through visiting health professionals within three categories. If a participant visits/has visited a doctor/mid-level provider, dentist/hygienist, or a wellness professional any time in 2007 — prior to or during the Eagles vs. Ravens Wellness Challenge — they are eligible for 100 points per visit in each category, not to exceed 300 points or 100 points a category. The other two ways to earn 100-point awards are for attending the kick-off celebration on July 29 and the Health Promotion open house on Aug. 30.

