

Granite State Restart Participant Weekly Tracking Form



Participant: _____ Local Program: _____

Mountain: _____ Phone: _____ Long-sleeved T-shirt size: _____

Circle or underline type of participant: Athlete / Unified Partner / Family Member / Friend / Volunteer

Day/Date	Physical/Health Activities Completed	Personal/Social Activities Completed	Points
Each activity is worth one (1) point. See <i>Sample of Activities</i> . The number of personal or social activities cannot be more than the number of physical or health-related activities each week. Choose any number of activities to complete in any number of days each week.			Total Weekly Points

Granite State Restart Participant Tracking Summary



Participant: _____ Local Program: _____

Mountain: _____ Phone: _____ Long-sleeved T-shirt size: _____

Circle or underline type of participant: Athlete / Unified Partner / Family Member / Friend / Volunteer

Each week or two, communicate your activities and points so that you can receive the point total prizes in a timely manner.

Week of	Total Points
December 14-20	
December 21-27	
December 28-January 3	
January 4-10	
January 11-17	
January 18-24	
January 25- 31	
February 1-7	
February 8-14	
February 15-21	
February 22-28	
March 1-7	
March 8-14	
Grand total points =	