

HOPE Challenge One

Participant Summary Tracking Form



Participant: _____ Local Program or School: _____

Phone: _____ Email: _____

Check which lake(s) you are walking around: Lake Winnepesaukee; Umbagog Lake; Squam Lake

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

Each week or two, communicate your activities and points to Jessica Marchant by emailing her at JessicaM@sonh.org or, if no computer, iPad or smart phone, by calling her at (603) 305-8130 so that you can receive the point-total prizes in a timely way.

|----- Activities -----|

Week	Points for Physical (General or Sport)	Points for Nutrition	Points for Personal	Points for Social	Total Points for Week	Running Point Total
Week 1						
Week 2						
Week 3						
Week 4						
Week 5						
Week 6						
Week 7						
Week 8						
Week 9						
Week 10						
Week 11						
Week 12						
Week 13						
Grand total points =						

Note: the number of personal or social activities cannot be more than the physical and nutritional activities.

Begin the week of **February 15** and please tell us your total points **no later than May 17.**

You will receive each of the following prizes after you reach the specific point goals.

- 100 points earn you a **certificate.**
- 200 points earn you a **key chain.**
- 150 points earn you a **journal or a ribbon.**
- 250 points earn you a special **HOPE Challenge One shirt or Carhartt beanie.**