



Team Record Sheet

Record your team points on this sheet.

Team Name: _____

30 minutes = 20points	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Name (number or colour if wanting to remain unknown)	Points	Points	Points	Points	Points	Points	Points	Points
Bonus points								
Total points								

Total points for the team: _____

Team Name: _____

Team Leader's Name: _____ Phone/Mobile No: _____

Email: _____

Please note:

1. A reminder: At least 4 out of 8 (or 3 out of 6) team members must be walkers. The walking must be of moderate intensity, and in **addition** to any walking/exercise that is part of your job.
2. The activity of cyclists, runners and swimmers is also measured per 30 minutes of exercise. Remember only 3 out of your 8 (or 2 out of your 6) team members may be runners, swimmers, or cyclists. So a cyclist cycling for 1 hour will earn 40 points, even though she/he may have cycled 20km!
3. Aerobics and paddling are accepted for other activities. **Golf and lawn bowls & lifting weights are not included activities.**
4. Bonus points can be earned throughout the eight weeks – You can earn bonus points when you join in the planned or specified activities planned for the month. You will be notified of all bonus events.
5. We will keep you updated weekly throughout the 8 weeks and will also provide other useful health information.
6. Return completed team forms to Public Health by 4pm on the 12th December 2018.
7. Have fun!

If you have any inquires contact Karen Tairea or Tania John at Public Health Ph 29110 or email us at: karen.tairea@cookislands.gov.ck or tania.john@cookislands.gov.ck