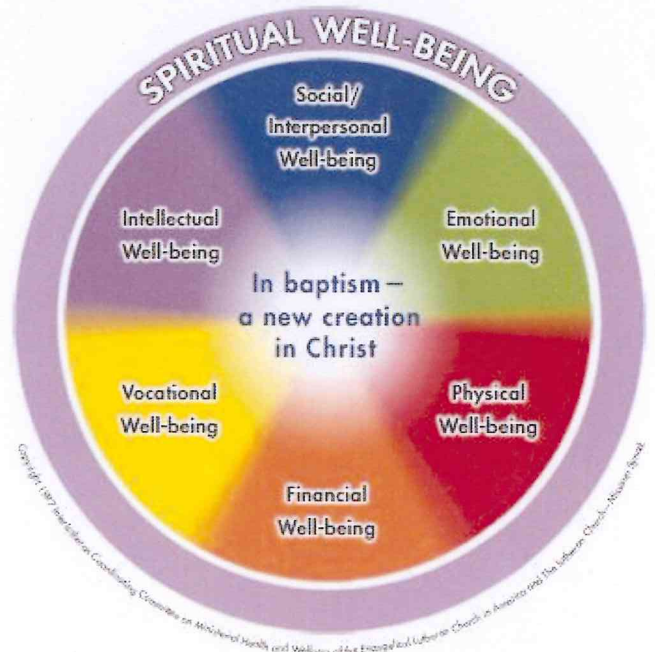




**Messiah**  
Lutheran Church

*Or do you not know that your body is a temple of the Holy Spirit within you, which you have from God, and that you are not your own?*

-1 Cor: 6:19



## HOMERUN for HEALTH-Rules of the Game

The HOMERUN for HEALTH TRACKER form will let you take stock of your health habits, stretch yourself in the areas of eating well, getting exercise, and nurturing/caring for you and your family. You can save this form to your computer or access new forms from Messiah's website [www.messiahmo.org](http://www.messiahmo.org).

- Categories: Exercise, Feed Your Spirit, and Family Activity may earn up to 2 runs (points) or smaller 15 minute (1/2 point) increments thereof.

The highest number of points any one person might get on a given day is 15.

This keeps track of:

- runs/ day in all sections/categories
- runs/ week /categories
- total runs/week

Return your completed forms by e-mail attachment to [messiah@messiahmo.org](mailto:messiah@messiahmo.org), or hard copies to the office.

Completed forms are due 3 days after the week tracked, ex. Sunday 4/3-Saturday 4/9 due by Wednesday, April 13.

If you have questions along the way, contact [marcie.rosenkoetter@messiahmo.org](mailto:marcie.rosenkoetter@messiahmo.org)

Blessings for your Journey,

The GO Team:

Barb Blaha	Jess Blaha	Cassie Dimmick
Jenny Reddy	Amy Thomas	Marcie Rosenkoetter

*This TRACKER sheet is offered for general informational purposes only and should not be seen as recommending a specific course of action. Always seek the advice of your physician and other qualified health care providers before making significant changes in your diet or exercise program.*

Name:

Week:

Date:

# Home Run for Health Weekly Tracker Form - Go Challenge

Categories	Runs/ Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	TOTAL
<b>Eat Well</b>	<b>Healthy Breakfast</b> -start the day with a nutritious meal e.g., whole grains, low fat protein, low fat dairy, fruit, veggies	1							0
	<b>Healthy Lunch</b> - a nutritious midday meal e.g. whole grains, fruit, veggies, lean meat serving, low fat dairy	1							0
	<b>Healthy Dinner</b> - end the day with a light, nutritious meal e.g. whole grains, fruit, veggies, lean meat, low fat dairy	1							0
	<b>Healthy Snacks</b> -fruits, veggies, whole grain or nuts	1							0
	<b>Water</b> -drink water throughout the day and listen to your thirst	1							0
	<b>Eat all the colors of the rainbow</b> -red, yellow, orange, green, blue/purple	1							0
<b>EAT WELL SUBTOTAL</b>									
<b>Exercise</b>	<b>Physical Activity</b> -choose aerobic, strength training, core exercise, or a combination. (Examples include but are not limited to walk, run, swim, sports, chores, resistance machines, free weights, pilates, yoga, abdominals	30 min = 1 60 min = 2							0
	<b>EXERCISE SUBTOTAL</b>								
<b>Nurture</b>	<b>Feed your spirit</b> - pray, meditate, listen to music, journal	30 min = 1 60 min = 2							0
	<b>Family Activity</b> -Exercise, fix food, or nurturing time together.	30 min = 1 60 min = 2							0
	<b>Care for your social network</b> -quality time with family/friends, volunteer, grow a relationship, wear your nametag to church	60 min = 1							0
	<b>Do what you love</b> -indulge your passion; e.g. do a hobby, cook, garden, read, play a musical instrument	30 min = 1							0
	<b>Sleep</b> -at least 7 hours	1							0
<b>NURTURE SUBTOTAL</b>									
<b>TOTAL (cannot exceed 15 pts/day)</b>									