

HOW TO EARN POINTS AND FULFILL YOUR GOOD N.E.W.S. CRITERIA

Nutrition: Max 150 points per week

- Download and Print off the food point value database on the website; <http://www.nwafitnessandhealth.com/wp-content/uploads/2016/01/food-database-for-good-NEWS.pdf> . Point values determined by John Robertson of [simplerealfood.org](http://www.simplerealfood.org) .
- Eat a minimum of one serving of an item to earn the points. Write food and value on journal. Add them all up at the end of the week. If earned 150 points, you satisfy 100% of the Nutritional aspect.
- If a particular 'healthy' natural food is not listed, ask one of our health professionals. On our professional page <http://www.nwafitnessandhealth.com/about-us/professional-members> . We will do our best to include it on the list. We will not reply to ridiculous foods.
- Email nwafitnessandhealth@gmail.com .

Exercise: Max 100 points per week

- Full SuperFit workout done a minimum of 2 times (view from website <http://www.nwafitnessandhealth.com/for-kids>) . 20 pts.
- Run a minimum of 2 miles or 25 minutes consistently. 20 pts.
- Alternative workout w/ parent approval. 20 pts
- Workout a minimum of 5 days. If earned a maximum of 100 points per week, you satisfy 100% of the Exercise aspect.

Water: max 70 points per week

- Drank in ounces; drink a minimum of 50% of bodyweight (in lbs). Ex) 120 lb person drinks 60 oz of water. Recommended more water if exercising.
- Earn 10 points per day if minimum amount is attained.
- If earned 70 points per week, you satisfy 100% of the water aspect.

Sleep: max 70 points per week

- Earn 10 points per day if hourly sleep is achieved (ages 6-13 desires 9-10 hours; ages 14-17 desires 8-10; ages 18+ desires 7-9) . View amount of all ages desired at <http://www.nwafitnessandhealth.com/wp-content/uploads/2014/05/sleep-recommendation.pdf> .
- If earned 70 points per week, you satisfy 100% of the sleep aspect.

Each facet is 25% of the total good N.E.W.S.. Enter data in by Saturday evening. Keep your journals at home; DON'T THROW THEM AWAY. Bring your journals to the monthly seminars or the PRO Course at the end of the year. We then add each of the percentages (being 25% each) and we will have your SuperFit data. This info will be send to SuperFit director (if applicable) Sunday morning.