



Type of Activity	Points	Tracking	Limit
30 minutes of moderate activity (any form of activity)	5 points	Tracking Card or Online	3 per week
60 minutes of moderate activity (any form of activity)	10 points	Tracking Card or Online	3 per week
10,000 Steps - Walking	5 points	Tracking Card or Online	3 per week
Exercise Class (60 minutes)	10 points	Tracking Card or Online	3 per week
Intramural Game or Activity	20 points	Tracking Card or Online	3 per week
Watching an OnCourse Module	5 points	OnCourse Site	2 per month
Completing an OnCourse Quiz	5 points	OnCourse Site	2 per month
Attending the <i>Goal Meet Ups</i>	20 points	In-Person Record	2 per month
Attending an IUPUI-sponsored program or workshop (focusing on health and wellness)	20 points	In-Person Record	4 per month
Registering for JagFit Program	5 points	Online submission form	once per semester
Submitting Pre-Test	5 points	Online submission form	once per semester
Completing PAR-Q Form	5 points	Online submission form	once per semester
Submitting Post-Test	5 points	Online submission form	once per semester