

HEALTHY LIVING Challenge

NAME: _____

SCORE CARD – WEEK 1

GRAND TOTAL: _____

TASK	MON	TUES	WED	THU	FRI	SAT	SUN	TOTAL
Exercise! 1 min = 1 point (max 60 pts per day)								
Fruits and Veggies 1 serving = 1 point								
Hydrate! Each 8oz glass of water = 3 pts								
Limit caffeine to less than 3 cups of tea or coffee per day = 5 pts								
Write down 3 things for which you are grateful = 10 pts								
Take 10 deep breaths = 10 pts								
Relax for 15 minutes = 15 pts								
Try a healthy recipe = 30 pts								
GRAND TOTAL								