

Spell-Off Scramble

Challenge Rules

Dates: _____

This challenge will encourage you to eat better, exercise more, reduce stress, strengthen relationships and make time for yourself.

- The goal is to collect letters in order to build words. The longer the word, the higher the points awarded.
- To collect letters, you must complete the corresponding task on the game board.
- To use the letter again, you must perform the corresponding task each time you wish to use that letter.
- The letter “X” is a free letter. Use it when and as often as needed.
- Words can be created individually or letters can be collected and words built as a team.
- Words must be a minimum of three letters.
 - Three letter words = 2 points
 - Four letter words = 4 points
 - Five letter words = 6 points
 - Six letter words = 8 points
 - Seven+ letter words = 10 points
- Keep track of your words and points on the score card.
- At the end of the month, the team with the most points [or average] wins!

