

# HEALTHY LIVING CHALLENGE

SCORE CARD - WEEK 3

NAME: \_\_\_\_\_

GRAND TOTAL: \_\_\_\_\_

TASK	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL
Exercise (max. 60 pts) 1 min = 1 pt								
Drink five 8oz glasses of water [10 pts]								
Limit caffeine intake to <300 mg/day [10 pts]								
Write down 3 things for which you are grateful [10 pts]								
Take 10 deep breaths at your workstation [10 pts]								
Take time to chill (relax!) for at least 15 mins [10 pts]								
Eat 5-7 servings of fruits and/or veggies per day. [20 pts]								
Try a healthy recipe and share with your team [20 pts]	TEAM CAPTAIN CAN RECORD ONE TIME ONLY DURING 4 WEEK CHALLENGE							
Take a team wellness photo [50 pts]	ONE TIME A WEEK							

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# HEALTHY LIVING CHALLENGE

SCORE CARD - WEEK 4

NAME: \_\_\_\_\_

GRAND TOTAL: \_\_\_\_\_

TASK	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL
Exercise (max. 60 pts) 1 min = 1 pt								
Drink five 8oz glasses of water [10 pts]								
Limit caffeine intake to <300 mg/day [10 pts]								
Write down 3 things for which you are grateful [10 pts]								
Take 10 deep breaths at your workstation [10 pts]								
Take time to chill (relax!) for at least 15 mins [10 pts]								
Eat 5-7 servings of fruits and/or veggies per day. [20 pts]								
Try a healthy recipe and share with your team [20 pts]	TEAM CAPTAIN CAN RECORD ONE TIME ONLY DURING 4 WEEK CHALLENGE							
Take a team wellness photo [50 pts]	ONE TIME A WEEK							

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