

# HEALTHY LIVING CHALLENGE

SCORE CARD - WEEK 1

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]	ONE TIME A WEEK							
Take a team wellness photo [50 pts]	TEAM CAPTAIN CAN RECORD ONE TIME ONLY DURING CHALLENGE							

INFO@EWSNETWORK.COM



WWW.EWSNETWORK.COM

©2017 EMPLOYEE WELLNESS SOLUTIONS NETWORK – HEALTHY LIVING CHALLENGE – ALL RIGHTS RESERVED

# HEALTHY LIVING CHALLENGE

SCORE CARD - WEEK 2

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]	ONE TIME A WEEK							
Take a team wellness photo [50 pts]	TEAM CAPTAIN CAN RECORD ONE TIME ONLY DURING CHALLENGE							

INFO@EWSNETWORK.COM



WWW.EWSNETWORK.COM

©2017 EMPLOYEE WELLNESS SOLUTIONS NETWORK – HEALTHY LIVING CHALLENGE – ALL RIGHTS RESERVED