













WEEK 1 SCORECARD

POINTS PER DAY

TASK	POINTS PER DAY						
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Take an exercise break. 10 points							
Go offline. 10 points							
Plan your meals. 15 points							
Go to bed 30 minutes earlier. 15 points							
Spend time outdoors. 15 points							
Do something nice. 20 points							
Quiet your mind. 20 points							
Plan your shopping. 20 points							
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