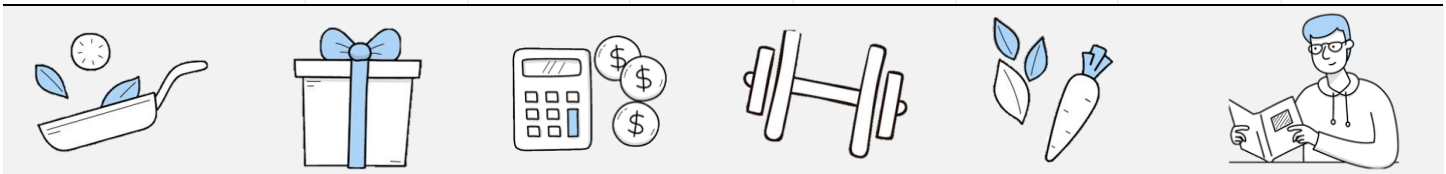
ALL-AROUND wellness WARRIOR

WEEK 2 SCORECARD

TASK	POINTS PER DAY						
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Go meatless. 10 points							
Try a new workout. 10 points							
Move more. 15 points							
Eat your colours. 15 points							
Do something for yourself. 15 points							
Create a budget. 20 points							
Read for your goals. 20 points							
Eat whole foods for a whole day. 20 points							



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WORKPLACE WELLNESS MEMBERSHIP