

Guidelines for the Game

General

- Each Game is 10 weeks!
- Each team consists of 2-6 players maximum
- Each team's collective scores will be averaged at the end of each week for a weekly winner and at the end of the game for an overall winner!
- The game is based on honesty, integrity and the desire to get healthy & have fun with your family & friends!
- At the beginning of each game -- the teams will select a Team Captain to report to HQ the team's score

Food

- 50 points per day - 10 pts per sanctioned meal
- 5 fully sanctioned meals per day mandatory, plan A or B
- NO SODA or juice -- sugar free or otherwise
- NO SNACKING, NO SUGAR, NO DIET FOODS EITHER!

THERE BE PENALTIES FOR THAT!

Exercise

- 50 Exercise points per day (6 times a week) for 30 minutes total activity
- You must do some form of exercise for 30 min per day

Sleep

- 50 sleep points available daily
- We recommend 6-8 hours per day - points for a minimum of 6 hrs
- Or at least be in bed with lights out for 6 hours per day
- If you are an insomniac, you must practice the guidelines of sleep planning*

YOU GET ONE NIGHT A WEEK OFF!

Water

- 50 water points available daily
- We recommend you drink 2- 3 liters per day - points for 2 liters or more

YOU GET ONE DAY A WEEK OFF!

Communication

- 50 Communication points are available daily
- You can earn points for being in contact with at least 1 teammate and the larger group (by posting on the website) each day.
- Phone, email, texting is permitted - FB or Website are encouraged - its optional

YOU GET ONE DAY A WEEK OFF!

Gratitude

- 50 Gratitude points per day for 10 minutes of Quiet Reflection on 5 things that you are deeply grateful for!
- An attitude of gratitude is the beginning of a healthy mindset!
SHARING WITH YOUR TEAM ENCOURAGED!

Exceptions

- Every player gets ONE DAY OFF each week from all of the rules without penalty except for the food rules.
- With food you get 3 meals TOTAL off per week to use at your discretion (they can be used throughout the week or all on one day)
- Every player gets one thumb sized non-sanctioned food per day w/o penalty

Penalties

Snacking Penalty:

- -50 pts for every non-sanctioned snack each week (if not claimed as a meal off)

Beverage Penalty:

- -50 pts for every non-sanctioned beverage except during meals off!

Bonuses

Perfect Score Bonus!

If you score a PERFECT '2100', you get a bonus of 20% added to your score

Weekly Challenge Bonus!

20% bonus points added to your total weekly score for participating in the weekly challenge

Post anything about your journey with the challenge on our WEBSITE or FACEBOOK!

Be Good! Be Healthy!