



living *fit*  
game

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals
<b>Food</b> 5 sanctioned meals = 50 points								/350
<b>Water</b> 2-3 liters per day = 50 points								/350
<b>Exercise</b> 30 mins per day = 50 points								/350
<b>Sleep</b> 6-8 hours per day* = 50 points								/350
<b>Communication</b> 1 teammate + 1 player = 50 points								/350
<b>Gratitude</b> reflection + gritudes = 50 points								/350
<b>Your weekly total =</b>								/2100

**NOTE:** You get 3 MEALS per week off and 1 DAY per week off all other rules!

① Perfect Score	Does your <b>weekly total</b> = 2100 ?	yes / no
② Weekly Challenge	Did you participate in the challenge?	yes / no

SCORECARD