

GET FIT GUILFORD!

SCOREBOARD								
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	TOTAL POINTS
Points Scored								
MEALS (6 points per meal)								
Daily total								(210 possible)
EXERCISE (20 points)								
								(140 possible)
SLEEP (15 points)								
7+ hours								(105 possible)
WATER (10 Points)								
2-3 liters								(70 possible)
NEW HABIT (10 points)								
								(70 possible)
OLD HABIT (10 points)								
								(70 possible)
COMMUNICATION (5 points)								
								(35 possible)
Penalties								
SNACKING PENALTY (Deduct 10 points per penalty)								
								-
COLLUSION PENALTY (Deduct 20 points per penalty)								
								-
ALCOHOL (Deduct 25 points per penalty)								
								-
SUBTOTAL FOR THE WEEK								/700
Bonus Points:								
ADD 20% of total points earned if you attend a workshop								
Add 10 points for reporting your score to your team scorekeeper on time								
TOTAL POINTS FOR THE WEEK								/850