



SCORESHEET

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	TOTAL POINTS
Points Scored								
MEALS (6 points per meal/210 points possible)								
Daily total								total
EXERCISE (20 points per day/140 points possible)								
								total
SLEEP (15 points per day/105 points possible)								
7+ hours								total
WATER (10 points per day/70 points possible)								
2-3 liters								total
NEW HABIT (10 points per day/70 points possible)								
								total
OLD HABIT (10 points per day/70 points possible)								
								total
COMMUNICATION (5 points per day/35 points possible)								
								total
Penalties								
SNACKING PENALTY (Deduct 10 points per penalty per day)								
								-
COLLUSION PENALTY (Deduct 20 points per penalty per day)								
								-
ALCOHOL (Deduct 25 points per penalty per day)								
								-
SUBTOTAL POINTS 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