

2017 Energy, Harmony, and Well-Being
New Year Challenge Score Sheet

This score sheet was not made to be completely filled out. The sheet was designed to give you multiple options in choosing your health plan. Choose the categories you would like to fulfill. Fill in as many categories as you can complete. Each week challenge yourself to do a little more and try something new. Completed the task or category? Give yourself the total amount of health points. Fulfill at least half of the requirement? Give yourself half the points. Keep track of your points and turn your score sheet into your team captain by Sunday at 5 p.m. Team totals will be calculated and posted each week. Make sure to describe your bonus category in the designated area.

<p>Week 4 Final Week</p> <p>This is our final week and the scores are close! We threw in a curve ball to make things interesting. How many categories can you fill this week?</p>	Energy		Harmony		Well-Being		Bonus		
	<p>30 min of cardio or weight lifting <i>(workout an hour every other day? Double your points for the day you worked out an hour.)</i></p> <p style="text-align: center;">10 points</p>	M: T: W: H: F: Sa: Su:	<p>7-9 Hours of Sleep</p> <p style="text-align: center;">10 points</p>	M: T: W: H: F: Sa: Su:	<p>Five 1 cup servings of vegetables <i>(French fries do not count. Double points for 8 servings!)</i></p> <p style="text-align: center;">10 points</p>	M: T: W: H: F: Sa: Su:	<p>Blood Type Diet?! <i>We had to throw in a curve ball for the last week! Could eating based on your blood type give you more energy? Eat according to your blood type for a full day to get 10 points as see for yourself!</i></p> <p style="text-align: center;">10 points</p>	1: 2: 3: 4: 5: 6: 7:	
	<p>10,000 Steps <i>(Steps during workouts do not count towards this total.)</i></p> <p style="text-align: center;">10 points</p>	M: T: W: H: F: Sa: Su:	<p>Eight 8 oz glasses of water consumed <i>(juice, flavored water does not count)</i></p> <p style="text-align: center;">10 points</p>	M: T: W: H: F: Sa: Su:	<p>Three 1 cup servings of FRESH fruit consumed in a day. <i>(No points for doubling)</i></p> <p style="text-align: center;">10 points</p>	M: T: W: H: F: Sa: Su:	<p>Substitutions <i>One of the easiest ways to improve the quality of foods you eat is by substituting high calorie products for healthier alternatives. Each meal with a substitute = 10 points</i></p> <p style="text-align: center;">10 points</p>	1: 2: 3: 4: 5: 6: 7:	
	<p>20 minutes of stretching <i>(10 min in the morning and at night. Or maybe 20 minutes of yoga!)</i></p> <p style="text-align: center;">10 points</p>	M: T: W: H: F: Sa: Su:	<p><i>This category will change weekly:</i></p> <p>Environmental Chemical Awareness <i>Use coconut oil as a moisturizer, make your own cleaner, or buy and organic chemical free products when you run out. 10 points for each non-chemical product you use.</i></p> <p style="text-align: center;">10 points</p>	1: 2: 3: 4: 5: 6: 7:	<p>All three main meals for the day were cooked and/or prepared at home.</p> <p style="text-align: center;">10 points</p>	M: T: W: H: F: Sa: Su:	<p>Chew your Food! <i>To truly extract all the benefits and nutrients of quality foods we need to CHEW! We were given teeth for a reason! Sit down for one meal a day and thoroughly chew your food. At least 20 chews before swallowing!</i></p> <p style="text-align: center;">10 points</p>	M: T: W: H: F: Sa: Su:	
	<p>Total Energy Points Earned:</p>		<p>Total Harmony Points Earned:</p>		<p>Total Well-Being Points Earned:</p>		<p>Total Bonus Points Earned:</p>		
	Team Name:			Team Member Name:			Total Points Earned for the Week:		