

BLC33 WK11 NOTHING SUCCEEDS LIKE SUCCESS CHALLENGE



Take a few minutes to look back on what you've accomplished. Then do more of that!

		Fri	Sat	Sun	Mon
Success	Drinking some water (10 pts daily)	/10	/10	/10	/10
Or More	Drink only water or noncaloric drinks all day (20 more pts daily)	/20	/20	/20	/20
Success	Doing some cardio - 10 minutes (10 pts daily)	/10	/10	/10	/10
Or More	Doing more cardio - 20 minutes (20 more pts daily)	/20	/20	/20	/20
Success	Post on Team Chat Thread (10 pts daily)	/10	/10	/10	/10
Or More	Post on Team Chat Thread & encourage at least one team member (20 more pts daily)	/20	/20	/20	/20
Success	Getting some sleep (10 pts daily)	/10	/10	/10	/10
Or More	Getting more than 6 hours of sleep per night (20 more pts daily)	/20	/20	/20	/20
Success	Eating some veggies (80 pts daily)	/10	/10	/10	/10
Or More	Eating a serving of veggies with every meal all day (20 more pts daily)	/20	/20	/20	/20
Success	Do ONE thing that you have been successful in doing this round (10 pts daily)	/10	/10	/10	/10
Or More	Do a little more of that one thing! (20 more pts daily)	/20	/20	/20	/20
Totals	Max daily possible = 180 Max challenge possible = 720	/180	/180	/180	/180

You have a choice to complete Success Task or push yourself just a little more and do More!

Success ~ Complete each task daily and receive corresponding points.

More~ Complete each More task daily and receive corresponding points in addition to Success points earned! **For example complete some successful Cardio 10 minutes and receive 10 points but do a little More for an additional 20 minutes get an additional 20 points for a total of 30 points!**

Challenge runs FRIDAY - MONDAY

Turn in your well earned points according to YOUR TEAM'S guidelines by Wednesday, Mar 29nd

Build today's motivation on yesterday's success