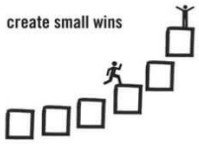
WK14 CELEBRATE SMALL WINS CHALLENGE

The BLC finish line is SSOO near! Let's Celebrate our SMALL & LARGE WINS while we SPRINT towards the finish line and give it our BEST!
(Max points : 240)



			FRI	SAT	SUN	MON
S	Celebrate a recent Small Win by giving yourself a high five!	5 pts each day				
P	Post in your Team Chat Thread	5 pts each day				
R	Run or Walk, get in at least 15 minutes of cardio	10 pts each day				
I	Instead of a high calorie drink, have a glass of water!	5 pts each day				
N	Notice a proud moment (NSV) from this past round & post it in your team thread	5 pts each day				
T	Track every bite & drink	5 pts each day				
T	Take time for yourself- do 5 minutes relaxation or something creative	5 pts each day				
O	Organize or clean an area for at least 15 minutes	5 pts each day				
E	Eat some fruit & veggies	5 pts each day				
N	New- try something different, or a new way of doing the old today and share	5 pnts each day				
D	Devise a plan for upcoming BLC break and/or the Summer	20 points one time task				
	Bonus - Complete End of Round Measuring Success	60 points one time task				
	Total Points	/300				

Link for Measuring Success in BLC33 Team Resource Thread
WEC starts Friday, Apr 14th and ends midnight Monday, Apr 17th Turn in your well earned points according to YOUR TEAM'S guidelines by Wednesday, Apr 19th