



Cure Your Cabin Fever

Weekend Challenge ~ Week 3 January 26 - 29

It's winter. COLD. Dark. Icy. You're ready to scream from being cooped up inside. Cabin fever "symptoms" include mental doldrums, lack of energy and motivation, restlessness, and boredom. "Cures" include getting outside anyway, exercising and oxygenating the body, eating healthy, getting plenty of rejuvenating sleep, and engaging in goal-oriented activities. This challenge is designed to help you cure your cabin fever -- and rack up points for your team, too!

Track every BLT (Bite, Lick, Taste) - 25 pts. per day - F__S__S__M__ __/100

Get at least 7-9 hours sleep per night 25 pts. per day - F__S__S__M__ __/100

Cardio - 30+ minutes per day - 25 pts. per day - F__S__S__M__ __/100

Organize something for 30+ minutes - 25 pts. per day - F__S__S__M__ __/100

Hydrate - 8 cups water per day - 25 pts. per day - F__S__S__M__ __/100

Eat your 5 freggies 25 pts. per day - F__S__S__M__ __/100

Bonus - Do something fun with a friend or family member and share your experience with your team - 1 time Bonus points - 400

Total for the weekend ____/1000