

BULLSEYE!...Getting to a Healthy Heart!



BLC36 Week 7 WEC

Pink ~ Share a reason you're making healthy lifestyle changes for YOU!

White ~ Reduce stress with rest! Get 6-8 hours sleep daily!

Black ~ Strengthen your heart with 10 minutes Strength Exercises daily!

Blue ~ Safeguard your heart by drinking 8 - 8oz glasses of water daily!

Red ~ Get blood pumping with 30 minutes planned, intentional CARDIO daily!

Yellow ~ Get to the Heart of Nutrition! Eliminate processed foods from 2 meals!

BULLSEYE BONUS ~ Stay in Range and post your CICO to thread!

	❤️❤️ PINK Reason you're making healthy changes for YOU! 5 pts (max)	❤️❤️ WHITE Get 6-8 hours sleep daily 10 pts (max)	❤️❤️ BLACK 10 minutes Strength Exercise daily 15 pts (max)	❤️❤️ BLUE Drink 6-8 glasses of water daily 20 pts (max)	❤️❤️ RED 30 minutes planned, intentional CARDIO daily 25 pts (max)	❤️❤️ YELLOW Eliminate processed foods from 2 meals daily 30 pts (max)	❤️❤️ BULLSEYE BONUS Stay in Range and post CICO to team thread 50 pts (max)
Friday							
Saturday							
Sunday							
Monday							
Totals							

Challenge Runs **FRIDAY - MONDAY!** - February 23 - 26

Points should be logged to the tracking spreadsheet no later than midnight Wednesday your time zone!

Max points daily 155 / Max challenge points 620!