

## BCC Whole Body Lifestyle Challenge

# Scoreboard

Week	1	2	3	4
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Activity	Point Value	S	M	T	W	Th	F	Sat	Total
Drink 1/2 of body weight in water <b>Must be regular water.</b>	5								
30min Cardio <b>Any cardio (separate from work) that gets the heart pumping works!</b>	5								
30min Prayer & Meditation <b>The most important part of the challenge!</b>	5								
3 - 5 Servings of green Veggies <b>Keyword: Green</b>	4								
7 - 8 Hours of Sleep <b>You snooze, you win!</b>	4								
10min Mobility Stretch <b>Stretch those limbs!</b>	3								
Drink a Green Smoothie <b>Keyword: Green</b>	3								
Meatless Monday <b>Take a break from meat</b>	2								
Post on GroupMe & Social Media <b>Must tag and use:</b> <b>@BelieversConnectionchurch</b> <b>#BCCWholeBodyChallenge</b> <b>#(YourTeamName)</b>	2 - video  1 - picture								
							<b>Weekly Total</b>		