

# BCC KIDS KINGDOM WHOLE BODY LIFESTYLE CHALLENGE

## Scoreboard

Week     1     2     3     4

Activity	Point Value	S	M	T	W	Th	F	Sat	Total
Drink ½ of body weight in water { <i><b>Must be regular water</b></i> }	5								
30 Min. Cardio any cardio { <i><b>separate from work</b></i> } that gets the heart pumping works!	5								
Help someone outside your household family	3								
Write and say 1 scripture daily. {Different scriptures}	3								
Lead your family in prayer	5								
Post on GroupMe & Social Media { <i><b>You can ONLY DO ONE</b></i> } Must tag and use: @BelieversConnectionChurch #BCCWholeBodyChallenge #{Your TeamName}	2 – Videos 1 – Pictures								
						Weekly Totals			