

BCC 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>Must be regular water</i> }	5								
30 Min. Cardio any cardio { <i>separate from work</i> } that gets the heart pumping works!	5								
30 min. Prayer & Meditation { <i>The most important part of the challenge!</i> }	5								
3 – 5 Servings of green Veggies { Keyword: GREEN }	4								
7 – 8 Hours of Sleep { <i>You snooze, you win!</i> }	4								
10 min. Mobility Stretch { <i>Stretch those limbs</i> }	3								
Drink a Green Smoothie { Keyword: GREEN }	3								
NO MEAT { <i>You can choose how many days you want to do this one</i> }	2								
FAST { Matthew 6:16-18 } { <i>You choose 1 day you want to fast; 6a – 6p, ONLY WATER</i> }	10								
Post on GroupMe & Social Media { <i>You can ONLY DO ONE</i> } Must tag and use: @BelieversConnectionChurch #BCCWholeBodyChallenge #{Your TeamName}	2 – Videos 1 – Pictures								
						Weekly Totals			