

Week __ Weight Chart	
Starting Weight	
Goal Weight	
End Weight	

Week __ Dates	
Start Date:	
End Date:	

SCOREBOARD week __								
	MON	TUES	WED	THURS	FRI	SAT	SUN	Total Points
<b>Points Scored:</b>								
MEALS (6 points per meal)								
daily total								/210
EXERCISE (20 points)								
								/140
SLEEP (15 points)								
7+ hours								/105
WATER (10 points)								
3 liters								/70
NEW HABIT (10 points)								
								/70
OLD HABIT (10 points)								
								/70
COMMUNICATION (5 points)								
								/35
	MON	TUES	WED	THURS	FRI	SAT	SUN	Total Points
<b>Penalties:</b>								
SCALE PENALTY (Deduct 1 point per penalty)								
								--
SNACING PENALTY (Deduct 10 points per penalty)								
								--
COLLUSION PENALTY (Deduct 20 points per penalty)								
								--
ALCOHOL (Deduct 25 points per penalty)								
								--
CHANGE YOUR HABIT (Deduct 50 points)								
								--
<b>SUB TOTAL FOR THE WEEK</b>								<b>/700</b>
<b>Bonus Points:</b>								
Add 20% of total points earned if you reached your fitness or weightloss goal (lost 1% of your starting weight for the week)								
Add 10 points for reporting your score to your team scorekeeper on time.								
<b>TOTAL POINTS FOR THE WEEK</b>								<b>/850</b>

Note: Give yourself full points for your day off and your meal off.