

Week 1 Weight Chart	
Starting Weight	
Goal Weight	
End Weight	

SCOREBOARD – Week 1								
	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Points
<b>Points Scored:</b>								
<b>MEALS (6 points per meal)</b>								
Daily Total								/210
<b>EXERCISE (20 points)</b>								
								/140
<b>SLEEP (15 points)</b>								
7+ hours								/105
<b>WATER (10 points)</b>								
3 Litres								/70
<b>NEW HABIT (10 points)</b>								
								/70
<b>OLD HABIT (10 points)</b>								
								/70
<b>COMMUNICATION (5 points)</b>								
								/35
<b>Penalties:</b>								
<b>SCALE PENALTY (Deduct 1 point per penalty)</b>								
								-
<b>SNACKING PENALTY (Deduct 10 points per penalty)</b>								
								-
<b>COLLUSION PENALTY (Deduct 20 points per penalty)</b>								
								-
<b>ALCOHOL (Deduct 25 points per penalty)</b>								
								-
<b>CHANGE YOUR HABIT (deduct 50 points)</b>								
								-
<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 weight loss 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

Week 2 Weight Chart	
Starting Weight	
Goal Weight	
End Weight	

SCOREBOARD – Week 2								
	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Points
<b>Points Scored:</b>								
<b>MEALS (6 points per meal)</b>								
Daily Total								/210
<b>EXERCISE (20 points)</b>								
								/140
<b>SLEEP (15 points)</b>								
7+ hours								/105
<b>WATER (10 points)</b>								
3 Litres								/70
<b>NEW HABIT (10 points)</b>								
								/70
<b>OLD HABIT (10 points)</b>								
								/70
<b>COMMUNICATION (5 points)</b>								
								/35
<b>Penalties:</b>								
<b>SCALE PENALTY (Deduct 1 point per penalty)</b>								
								-
<b>SNACKING PENALTY (Deduct 10 points per penalty)</b>								
								-
<b>COLLUSION PENALTY (Deduct 20 points per penalty)</b>								
								-
<b>ALCOHOL (Deduct 25 points per penalty)</b>								
								-
<b>CHANGE YOUR HABIT (deduct 50 points)</b>								
								-
<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 weight loss goal (lost 1% of your starting weight for the week)								
Add 10 points for reporting your sore 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

Week 3 Weight Chart								
Starting Weight								
Goal Weight								
End Weight								
SCOREBOARD – Week 3								
	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Points
<b>Points Scored:</b>								
<b>MEALS (6 points per meal)</b>								
Daily Total								/210
<b>EXERCISE (20 points)</b>								
								/140
<b>SLEEP (15 points)</b>								
7+ hours								/105
<b>WATER (10 points)</b>								
3 Litres								/70
<b>NEW HABIT (10 points)</b>								
								/70
<b>OLD HABIT (10 points)</b>								
								/70
<b>COMMUNICATION (5 points)</b>								
								/35
<b>Penalties:</b>								
<b>SCALE PENALTY (Deduct 1 point per penalty)</b>								
								-
<b>SNACKING PENALTY (Deduct 10 points per penalty)</b>								
								-
<b>COLLUSION PENALTY (Deduct 20 points per penalty)</b>								
								-
<b>ALCOHOL (Deduct 25 points per penalty)</b>								
								-
<b>CHANGE YOUR HABIT (deduct 50 points)</b>								
								-
<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 weight loss goal (lost 1% of your starting weight for the week)								
Add 10 points for reporting your sore 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

Week 4 Weight Chart								
Starting Weight								
Goal Weight								
End Weight								
SCOREBOARD – Week 4								
	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Points
<b>Points Scored:</b>								
<b>MEALS (6 points per meal)</b>								
Daily Total								/210
<b>EXERCISE (20 points)</b>								
								/140
<b>SLEEP (15 points)</b>								
7+ hours								/105
<b>WATER (10 points)</b>								
3 Litres								/70
<b>NEW HABIT (10 points)</b>								
								/70
<b>OLD HABIT (10 points)</b>								
								/70
<b>COMMUNICATION (5 points)</b>								
								/35
<b>Penalties:</b>								
<b>SCALE PENALTY (Deduct 1 point per penalty)</b>								
								-
<b>SNACKING PENALTY (Deduct 10 points per penalty)</b>								
								-
<b>COLLUSION PENALTY (Deduct 20 points per penalty)</b>								
								-
<b>ALCOHOL (Deduct 25 points per penalty)</b>								
								-
<b>CHANGE YOUR HABIT (deduct 50 points)</b>								
								-
<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 weight loss goal (lost 1% of your starting weight for the week)								
Add 10 points for reporting your sore 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

<b>Final Weight Chart</b>	
Starting Weight	
Goal Weight	
End Weight	

<b>SCOREBOARD TOTAL</b>		
WEEK 1		<b>/850</b>
WEEK 2		<b>/850</b>
WEEK 3		<b>/850</b>
WEEK 4		<b>/850</b>
	<b>TOTAL POINTS FOR THE GAME</b>	<b>/3400</b>