

“Game-On” Diet Challenge

Object of the Game

- To score as many points as possible. At the end of the game, the *team with the most points* wins.

Setting Up Your Game

- Form two or more teams (two to four per team is ideal) – teams do not need to be of equal size (i.e. a team of 3 can play a team of 4)
- Each team must designate a scorekeeper

Pick a Prize

- Everyone needs to agree on the prize to be awarded
- Prize can be material (dinner & a movie paid for by the losing team(s))
- Prize can be monetary (everyone pitch in \$ winning team splits pot)
- Prize can be service oriented (losers runs winners errands for a week)

Choose a Start Date

- All team members must agree on a start date. Because each week allows for a day off and a meal off, all holidays/special events can be fully celebrated so they should not be prohibitive of starting the game.

Keeping Score

- **30 Meal Points** (you can earn 6 points per meal for eating five fully sanctioned meals – no snacking between meals)
- **20 Exercise Points** (exercise points are earned by doing some form of exercise for 20 minutes)
- **10 Water Points** (you earn points by drinking 3 liters of water per day)
- **15 Sleep Points** (you earn points by sleeping for a minimum of 7 hours a night)
- **20 Transformation Points** (you earn 20 points a day for practicing one new healthy habit and another 10 points a day for eliminating one unhealthy habit)
- **5 Communication Points** (you earn communication points by being in contact with a least one teammate and one opposing team member each day (phone call, email, text messaging counts))
- **BONUS POINTS** (you can earn 10 bonus points each week by turning in your score card to your team’s scorekeeper by a designated time (i.e. by noon on Mondays))

In addition, a bonus equaling 20% of your points earned for the week is awarded for losing 1 percent of your body weight (if weight loss is not a goal for you, you must set a fitness goal for which you will win bonus points and inform your teammates and opponents in advance of beginning the game)

Penalties

- **10 point Snacking Penalty** for snacking between meals
- **20 point Collusion Penalty** if any player suggests to any other player a compromise of integrity (i.e. “If I eat a snack and you eat a snack, then we both lose points and it all balances out”) – player suggesting compromise loses 20 points
- **25 point *per portion* Alcohol Penalty** – a portion equals any amount of alcohol up to 6 ounces of wine, 12 ounces of beer or 1.5 ounces of hard liquor. – One portion of alcohol may be consumed with your meal off without penalty and alcohol can be consumed freely on your day off.

Exceptions

- Each week each player gets one meal off in addition to one day off. The meal off and day off may be taken at any time during a given week (they may not be saved up and carried over into the next week)
- Your day off includes a respite from all rules. This may be spread throughout the week (i.e. Monday can be your water day off; Tuesday can be your habits day off; Wednesday can be your sleep day off; etc; or you can take one whole day off from everything).

Winning the Game

- At the end of each week, each player turns in their score to the scorekeeper
- A maximum-score week equals 100 point days + 20 percent weight-loss/fitness bonus + 10 point scorekeeping bonus

$$700 + 140 = 840 + 10 \text{ point scorekeeping bonus} = 850$$

- A score of 850 (hard to earn) is receiving maximum points for each week
- At the end of each week, scorekeeper tallies the total points for the team
- The total score for the team is then divided by the number of players on the team
- At the end of four weeks – scorekeepers tally points for their team for the game
- Team with the most points wins