

Week 1 Weight Chart	
Starting Weight	
Goal Weight	
End Weight	



SCOREBOARD week 1

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	TOTAL POINTS
Points Scored:								
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
Penalties:								
SCALE PENALTY (Deduct 1 point per penalty)								
								-
SNACKING 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)								
								-
SUB TOTAL FOR THE WEEK								/700
Bonus Points:								
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.								
TOTAL POINTS FOR THE WEEK								/850

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

GAME ON!



Starting Weight	
Goal Weight	
End Weight	

SCOREBOARD week 2

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	TOTAL POINTS
Points Scored:								
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
Penalties:								
SCALE PENALTY (Deduct 1 point per penalty)								
								-
SNACKING 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)								
								-
SUB TOTAL FOR THE WEEK								/700
Bonus Points:								
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.								
TOTAL POINTS FOR THE WEEK								/850

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

Week 3 Weight Chart	
Starting Weight	
Goal Weight	
End Weight	

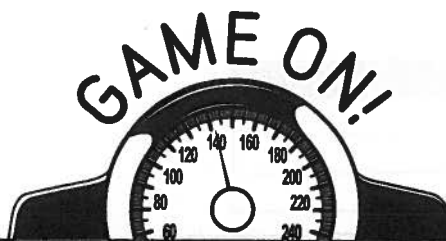


SCOREBOARD week 3

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	TOTAL POINTS
Points Scored:								
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
Penalties:								
SCALE PENALTY (Deduct 1 point per penalty)								
								-
SNACKING 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)								
								-
SUB TOTAL FOR THE WEEK								/700
Bonus Points:								
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.								
TOTAL POINTS FOR THE WEEK								/850

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	Thurs	Fri	Sat	Sun	TOTAL POINTS
Points Scored:								
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
Penalties:								
SCALE PENALTY (Deduct 1 point per penalty)								
								-
SNACKING 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)								
								-
SUB TOTAL FOR THE WEEK								/700
Bonus Points:								
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.								
TOTAL POINTS FOR THE WEEK								/850

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

Final Weight Chart	
Starting Weight	
Goal Weight	
End Weight	



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

