

## Healthy Living Challenge

	<i>Sun</i>	<i>Mon</i>	<i>Tues</i>	<i>Weds</i>	<i>Thurs</i>	<i>Fri</i>	<i>Sat</i>	Points
Drank 64+ oz. of water (2 pts)								14
2 servings of fruits (2 pts)								14
3 servings veggies (2 pts)								14
Did not eat sugar [one free day allowed] (5 pts)								30
Exercised 20+ minutes, 5 x's a week (5 pts)								25
Stop eating before 9 (2 pts)								14
Possible points								111

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