

NAME: \_\_\_\_\_

Date: \_\_\_\_\_  
MM/DD/YY (Sunday's Date)

TEAM NAME: \_\_\_\_\_

## BETTER BODIES, BETTER BONDS

	Point Value	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	TOTALS
Remember Medicine/Vitamins:	1 pt./day								
breakfast									
lunch									
dinner									
Salads/Veggies	1 c. = 3 pts.								
Fruit	1 c. = 1 pt.								
Water (8 oz. each)	1 c. = 1 pt.								
No Pop or Caffeine	5 pts./day								
Exercise (maximum 20 pts./day)	5 pts./15 min								
No Junk Food or Sweets	5 pts./day								
No Prepackaged Entrée's	2 pts./day								
No Fast food	2 pts./day								
<b>EXTRA CREDIT:</b>									
Successful @ Character Dev.:	5 pts./day								
Pray @ Health (Yours & Others)									
Encour./Inspir. Bible Scripture	1 pt./day								
<b>List Scriptures:</b>									
Health Article (Summarize/share)	5 pts./wk.								
Healthy Recipe	5 pts./wk.								
Watched Portion Control?	1 pt./day								
20 min. eating meals	3 pts./day								
Resisted Bad Habit	5 pts./day								
Didn't Skip Meal Today	1 pt./day								
<b>TOTALS:</b>									

**KEY:**  
 \_\_\_\_\_  
 1 pt. = 1 point(s)  
 1 c. = 1 cup or fist-size portion  
 wk. = week