Weekly Scorecard

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	**Weekly**
Improve your Mind								
Get at least 8 hours of sleep (5 pts/day)								
Reading for pleasure (1 pt/10 min/day)								
Watch weekly video blog (5 pts/blog)								
Check something off your To Do List (5 pts/day)								
Performing Arts/Music/Theatre (5 pts/day)								
Improve your Body								
Exercise (1 pt/10 min/day)								
10,000 steps/day (10 pts/day)								
7+ servings of fruits and vegetables (10 pts/day)								
7+ glasses of water (10 pts/day)								
Apply sunscreen lotion (5 pts/day)								
Go without soda/soft drinks (5 pts/day)								
Floss your teeth (5 pts/day)								
Improve your Heart								
Be a Volunteer (5 pts/event)								
Have a meal with your entire family (5 pts/day)								
Meet at least 1 new person per day (5 pts/day)								
Leave it Better (5 pts/day)								
Random Act of Kindness (5 pts/day)								
Reconnect with relative/friend from past (5 pts/day)								
Donation to Food Pantry (5 pts/day)								
Get at least 3 people to smile (5 pts/day)								
Improve your Soul								
Record your points each week (5 pts/week)								
Go without Television/Video Games (5 pts/day)								
Get 15 minutes of self-reflection/meditation (5 pts/day)								
Establish/Review Written Goals (5 pts/day)								
At least 1 hour spent outdoors (5 pts/day)								
Try one new fruit or vegetable (5 pts/day)								
Improve your Earth								
Recycle - paper, glass, plastic & cans (5 pts/day)								
Use Reusable Shopping Bags (5 pts/day)								
Go vegetarian for a day (5 pts/day)								
Weekly Extra Credit Points								
Total Points Earned								