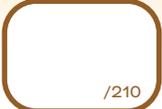
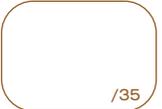


NAME

WEEK #

# week scores

<p>Enter your daily scores for each category.</p>	 <b>NOURISH</b> Eating whole foods according to your rule of life.	 <b>HYDRATE</b> Drinking your target amount of water throughout each day.	 <b>SLEEP</b> Getting your target amount of sleep each night. (8+ hrs)	 <b>MOVE</b> Exercising and stretching for at least 10 minutes each day.	 <b>BEING</b> Devotionals Reflection Spiritual Practice Meditation	 <b>CONNECT</b> Connecting with others in your small group daily.
	Score 1 to 5 points based on your goals.			Score 5 points for YES, 0 points for NO.		
<b>SUN</b>	/5	/5	/5	/5	/5	/5
<b>MON</b>	/5	/5	/5	/5	/5	/5
<b>TUES</b>	/5	/5	/5	/5	/5	/5
<b>WED</b>	/5	/5	/5	/5	/5	/5
<b>THURS</b>	/5	/5	/5	/5	/5	/5
<b>FRI</b>	/5	/5	/5	/5	/5	/5
<b>SAT</b>	/5	/5	/5	/5	/5	/5
<b>WEEKLY TOTAL</b>  /210	<b>NOURISH TOTAL</b>  /35	<b>HYDRATE TOTAL</b>  /35	<b>SLEEP TOTAL</b>  /35	<b>MOVE TOTAL</b>  /35	<b>BEING TOTAL</b>  /35	<b>CONNECT TOTAL</b>  /35



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NAME

# weekly totals

<p>Enter your weekly totals for each category.</p>	 <b>NOURISH</b> Out of 35	 <b>HYDRATE</b> Out of 35	 <b>SLEEP</b> Out of 35	 <b>MOVE</b> Out of 35	 <b>BEING</b> Out of 35	 <b>CONNECT</b> Out of 35
<b>WEEK 2</b>	/35	/35	/35	/35	/35	/35
<b>WEEK 3</b>	/35	/35	/35	/35	/35	/35
<b>WEEK 4</b>	/35	/35	/35	/35	/35	/35
<b>WEEK 5</b>	/35	/35	/35	/35	/35	/35
<b>WEEK 6</b>	/35	/35	/35	/35	/35	/35
<b>WEEK 7</b>	/35	/35	/35	/35	/35	/35
<b>WEEK 8</b>	/35	/35	/35	/35	/35	/35
<b>GRAND TOTAL*</b>  /1,470	<b>NOURISH SUBTOTAL</b>  /245	<b>HYDRATE SUBTOTAL</b>  /245	<b>SLEEP SUBTOTAL</b>  /245	<b>MOVE SUBTOTAL</b>  /245	<b>BEING SUBTOTAL</b>  /245	<b>CONNECT SUBTOTAL</b>  /245

\*The top 3 participants as well as anyone who scores 1,030 points or more, will receive a prize!