

BLC-WIDE CHALLENGE: The Mid-Round SLUMP

Challenge runs FRIDAY - MONDAY



Fuel Your Machine

WEEK 6 Outrace the Mid-Round SLUMP	Blog or Collage 50 points	Reward a teammate with goodie or page comment 5 pts each Max 25 pts daily	Pit stop on team thread with info about team leaders 5 pts each Max 10 pts daily	Post your NSV or something positive done for YOU today 1 time 15 pts daily	5 pts per 10 mins intentional exercise Max 50 pts daily	10 pts for each Non Starch veggie Max 50 pts daily
FRIDAY	One					
SATURDAY	Time					
SUNDAY	Points					
MONDAY						

Total Points