

Week 1 Weight Chart		Week 1 Dates		Meal Off:	
Starting Weight		Start Date:		Day Off:	
Goal Weight		End Date:			
End Weight					

SCOREBOARD week 1								
	MON	TUES	WED	THURS	FRI	SAT	SUN	Total Points
Points Scored:								
MEALS (6 points per meal)								
daily total	0	0	0	0	0	0	0	0/210
EXERCISE (20 points)								
								0/140
SLEEP (15 points)								
7+ hours								0/105
WATER (10 points)								
3 liters								0/70
NEW HABIT (10 points)								
								0/70
OLD HABIT (10 points)								
								0/70
COMMUNICATION (5 points)								
								0/35
	MON	TUES	WED	THURS	FRI	SAT	SUN	Total Points
Penalties:								
SCALE PENALTY (Deduct 1 point per penalty)								
								0
SNACKING PENALTY (Deduct 10 points per penalty)								
								0
COLLUSION PENALTY (Deduct 20 points per penalty)								
								0
ALCOHOL (Deduct 25 points per penalty)								
								0
CHANGE YOUR HABIT (Deduct 50 points)								
								0
SUB TOTAL FOR THE WEEK								0/700
Bonus Points:							Goal Met(Y/N)	
Add 20% of total points earned if you reached your fitness or weightloss goal (lost 1% of your starting weight for the week)							N	0
Add 10 points for reporting your score to your team scorekeeper on time.								0
TOTAL POINTS FOR THE WEEK								0/850

Note: Give yourself full points for your day off and your meal off.

Game On Diet

M Tight

A horizontal light blue bar with a rounded right end, followed by a red circular graphic.

Game On Diet :

The Top Books of the Year Game On Diet The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the engaging narratives that have charmed audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Game On Diet : Delia Owens' "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and gripping novel that will keep you guessing until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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