

EARNED RUNS™ HOUSE CUP CHALLENGE 2017
MY PERSONAL CHALLENGE TALLY CHART

MY DAILY TALLY ONE WEEK:

DIMES (POINTS)	S	S	M	T	W	T	F
3 high protein meals (2 should be dairy), breakfast	+1						
- Lunch	+1						
- Dinner	+1						
High protein/low carb snack, afternoon	+1						
Pre-sleep casein protein meal	+1						
SKIPPING a meal/snack	-2						
2 cups fruit and 2.5 cups vegetables/day	+1						
4 glasses ice water/fluid	+1						
Dietary Indiscretion (my secret!), each	- 3						
Stretches, passive (20-30 minutes)	+1						
Mobility routine (15-20 minutes)	+1						
Foam rollout (10-15 minutes)	+1						
Balance routine (10-15 minutes)	+2						
Vitamins	+1						
Strength exercises at least 3, no weights	+2						
Strength exercises, at least 3 with weights	+3						
Housework/cleaning >1 hour	+1						
Aerobic walking/running 45 minutes	+1						
Interval walking/running 30 minutes	+2						
Swimming or cycling intervals, 30-40 minutes	+2						
Workout done before 8am weekdays	+2						
Sitting > 45 minutes continuously							
- Morning,	-1						
- Afternoon	-1						
- Evening	-1						
Sleep ~ 7.5 hours: to bed	+1						
Sleep: < 7 hours,	-2						
Make bed upon waking	+1						
Nightly evening prep	+1						