



Game Changer: _____

Healthy Habit Scorecard

Healthy Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Do First Tee Activity Videos								
Go to First Tee Class (Max 2)								
Try a New Fruit or Vegetable								
Take a Walk or Go For a Bike Ride								
Drink 4 Glasses of Water								
Play a Game Outside with a Friend								
Do Something Nice for Someone Else								
Eat 3 Fruits and Vegetables								
Daily Score								

Weekly Totals					
Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
6 Week Total					

Fitness Challenge Week 1 Score	Fitness Challenge Week 6 Score

Scoring	One point for each activity completed per day! Scores are reported weekly.
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