

AFC FOOTBALL TEAM

WELLNESS BLOCK POOL	7 OR 9	0 OR 3	1 OR 5	2 OR 6	4 OR 8
4 OR 6	SHUT OFF ALL ELECTRONICS 30 MINUTES BEFORE BED 2 TIMES THIS WEEK	GO FOR A WALK	READ A BOOK	NO ALCOHOL X2 DAYS THIS WEEK	GIVE UP ONE "UNHEALTHY" DRINK FOR A GLASS/BOTTLE OF WATER
7 OR 9	PACK A LUNCH	EAT 5 SERVINGS OF FRUITS/VEGES TODAY	DO 30 MINUTES OF PHYSICAL ACTIVITY	DO A 5 MINUTE MEDITATION	TRY A YOGA CLASS (VIRTUAL OR IN PERSON)
0 OR 3	WRITE DOWN 3 THINGS YOU ARE GREATFUL FOR	SHUT OFF ALL ELECTRONICS 30 MINUTES BEFORE BED 2 TIMES THIS WEEK	GIVE UP ONE "UNHEALTHY" DRINK FOR A GLASS/BOTTLE OF WATER	TAKE A 5 MINUTE BREAK DURING THE WORKDAY	TRY A NEW HEALTHY DINNER AT HOME (example: go meatless, add more vegetables, limit carbs)
5 OR 8	PLAY A CARD OR BOARD GAME WITH FRIENDS/FAMILY	GIVE A FURRY FRIEND SOME LOVE	ENCOURAGE/SUPPORT A FRIEND/CO-WORKER	GO FOR A WALK	WRITE DOWN 3 THINGS YOU ARE GREATFUL FOR
1 OR 2	READ A BOOK	DO SOMETHING NICE FOR SOMEONE	TAKE A 5 MINUTE BREAK DURING THE WORKDAY	DO 30 MINUTES OF PHYSICAL ACTIVITY	TRY A NEW HEALTHY DINNER AT HOME (example: go meatless, add more vegetables, limit carbs)

N F C F O O T B A L L T E A M

RULES:

Each "Game Fan" will get one game board to use.
 Each "fan" will mark off every task they complete from 1/24-2/11. (complete as many tasks as you can, one block equals one task).
 Turn in your game card on Friday February 11th to Erin Provenzano by 12:00PM
 There are 4 chances to win a prize with the potential of a 5th chance should the game go into overtime. Anytime your number hits, if you completed that task you will be entered into a drawing for a chance to win.
 Every task that you complete corresponds with two numbers (top and side) forming a cross reference point
 At the end of **every quarter (total of 4)**, the final score will be used to "locate" the winning block
 (if the final score is a two digit total, only the second digit will be used) For example: if the score at the end of the first quarter is 10-7, then the block that matches 0 and 7 will get a chance to win
 Due to the short game board each numbered block has two numbers