

# Fantasy Healthball Roster Scorecard

Player: \_\_\_\_\_

Date: \_\_\_\_\_

Picks (pick 7)	DAILY CHALLENGES*	Point/ Day	Bonus if 3	Bonus if all 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
X	Exercise: Moderately Intense Physical Activity for at least 30 minutes OR Vigorous Physical Activity for at least 20 minutes or Strength Training (This challenge is mandatory)	2	10	25	Sun.						
	Eat at least 5-8 Ounces of Grains (Bread, Cereal, Rice, Pasta) with at least Half of Grains Whole (The Defensive Linemen)	2	5	10							
	Eat at least 2 Cups of Fruit (Linebackers)	2	5	10							
	Eat at least 2-3 Cups of Vegetables (Linebackers)	2	5	10							
	Eat 5-6 Ounces of Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts (Defensive Backs)	2	5	10							
	Consume Three Cups of Dairy Items like Non or Low-Fat Milk, Cheese, and Yogurt (Defensive Backs)	2	5	10							
	Limit Consumption of Oils, Trans Fats, and Saturated Fats (The Safety)	2	5	10							
	Do Not Exceed Adequate Portion Sizes	2	5	10							
	Determine your Daily Calorie Need and Stay Below. Keep a Detailed Food Log	2	5	10							
	Eat a Healthy Breakfast	2	5	10							
	Get a Minimum 7 hours of sleep	2	5	10							
	Participate in Low Impact Activities such as Yoga or Stretching for at least 30 Minutes	2	5	10							
	Drink Adequate Water - e.g. eight 8-oz. glasses	2	5	10							
	Eliminate Soft Drinks	2	5	10							
	Limit Caffeine to Two Servings or less	2	5	10							
	Eliminate High-Fat Processed Foods and Sweets (yes, that includes the fast food drive-through at 2:00 a.m.!)	2	5	10							
	Consume the Recommended Daily Allowance (about 30 grams) of Fiber (incrementally build up if this is new to you, and drink plenty of liquids!)	2	5	10							
	Consume less than a Teaspoon of Sodium (roughly 2,300 milligrams).	2	5	10							
	Limit Alcohol Consumption to 1-2 drinks (on Sundays while watching football, let's just say "drink responsibly")	2	5	10							
	Take your Physician-Prescribed Medication and/or Take Your Physician-Approved Daily Supplements such as a Multi-Vitamin	2	5	10							
	Perform a "Pantry and Refrigerator Exorcism" (can be used only ONCE per season!)	n/a	n/a	20							
	The "Other" Category. Pick a challenge that you wish to track that isn't on our list	2	5	10							
	<b>Total Points</b>										