

ELEVATE YOUR EFFORT

MARCH DAILY POINT SHEET

Complete the "Ramped Up Results" mini-challenge each day!

DAY 1

25 POINTS

.....
Introduce yourself!
Share your goals,
your current health
and fitness efforts,
and a selfie.

DAY 2

15 POINTS

.....
What are you
tracking and
how will you
reward yourself?

DAY 3

10 POINTS

.....
How will you
increase your
accountability
to others?

DAY 4

10 POINTS

.....
Share a picture of
at least one group
of your 10 items!

DAY 5

5 POINTS

.....
Do a brain
dump today and
let us know how
you feel about it.

DAY 6

15 POINTS

.....
How much sleep
are you currently
getting per night?

DAY 7

10 POINTS

.....
Do you have any
health symptoms
you experience
from poor sleep?

DAY 8

10 POINTS

.....
What one thing will
you focus on during
the day for better
sleep at night?

DAY 9

15 POINTS

.....
What one thing
will you improve
on for a better
bedtime?

DAY 10

5 POINTS

.....
What helps you
relax and sleep
better?

DAY 11

10 POINTS

.....
Do the timer
challenge and
share how it went!

DAY 12

10 POINTS

.....
Practice being more
mindful with what
you do today and
share how it goes!

DAY 13

15 POINTS

.....
What is a favorite
swap of yours or
which one are you
excited to try?

DAY 14

10 POINTS

.....
What are your
favorite spices
and herbs to use
in the kitchen?

DAY 15

10 POINTS

.....
What kitchen
gadget(s) do you
love or would love
to get?

DAY 16

10 POINTS

.....
What is your
biggest struggle
with kitchen
messes?

DAY 17

5 POINTS

.....
Share a favorite
healthy snack
or one you are
going to try!

DAY 18

10 POINTS

.....
Fill a garbage
bag and share
a picture!

DAY 19

15 POINTS

.....
What affirmation(s)
is helpful for
managing your
stress right now?

DAY 20

15 POINTS

.....
How much time
do you spend
sitting each day?

DAY 21

15 POINTS

.....
How would you
evaluate your
current level
of NEAT?

DAY 22

10 POINTS

.....
How could you
benefit from
increasing
your NEAT?

DAY 23

10 POINTS

.....
What daily activities
are you already
doing to contribute
to your NEAT score?

DAY 24

15 POINTS

.....
Do at least 3 of
these things to
increase your
NEAT score!

DAY 25

20 POINTS

.....
Pick a room to
declutter and
organize and
share a picture.

DAY 26

10 POINTS

.....
What do you need
to do more of/less
of to intensify your
stress relief?

DAY 27

10 POINTS

.....
Pick something to
start for personal
development, or
set a new goal.

DAY 28

15 POINTS

.....
Identify at least
one false or
negative narrative
and freshen it up!

DAY 29

10 POINTS

.....
What are you
forgiving yourself
for and letting
go of?

DAY 30

20 POINTS

.....
What changes do
you need to make
in your social
relationships?

DAY 31

20 POINTS

.....
Do at least one
special act of
self-care today!

WHEN COMPLETE, PLEASE ADD UP ALL YOUR POINTS AND SUBMIT THIS SHEET TO ME!

TOTAL CHALLENGE POINTS:

