



BLC42 Week 12 - SMALL WINS

2020



The BLC finish line is SO near! Let's make a SPRINT towards the finish line while celebrating Small Wins!

(Max points : 240)

		FRIDAY	SAT	SUN	MON
S	At least 6 hours Sleep at night (or stayed in bed and did my best to sleep)	(5 points each day)			
P	Post in chat (ONCE can comment on someone's page instead)	(5 points each day)			
R	.Range- stay in range today	(TEN points each day)			
I	Imbibe at least 6 glasses of non-caffeinated drink	(5 points each day)			
N	Notice your blessings. Note something good that happened to you today. Share if you wish	(5 points each day)			
T	TRACKED ALL MY FOOD TODAY	(5 points each day)			
T	Take time for yourself- do 5 minutes relaxation or something creative	(5 points each day)			
O	Open your heart-- do a kindness for someone. Share if you wish to encourage others	(5 points each day)			
E	Eat 5 freggies today	(5 points each day)			
N	New- try something different, or a new way of doing the old today and share	(5 points each day)			
D	Devise a plan for upcoming BLC break and/or holidays and share	(20 points one time task)			