

## THE BIG 5 GAME

| DAY | GET A MERIT | 100% ACTIVITY/ TRAIN AT WITTFIT | HYDRATE & 5 A DAY | MOBILISE 10MINS | SLEEP 7-8 HOURS | TOTAL |
|-----|-------------|---------------------------------|-------------------|-----------------|-----------------|-------|
| 1   |             |                                 |                   |                 |                 |       |
| 2   |             |                                 |                   |                 |                 |       |
| 3   |             |                                 |                   |                 |                 |       |
| 4   |             |                                 |                   |                 |                 |       |
| 5   |             |                                 |                   |                 |                 |       |
| 6   |             |                                 |                   |                 |                 |       |
| 7   |             |                                 |                   |                 |                 |       |
| 8   |             |                                 |                   |                 |                 |       |
| 9   |             |                                 |                   |                 |                 |       |
| 10  |             |                                 |                   |                 |                 |       |
| 11  |             |                                 |                   |                 |                 |       |
| 12  |             |                                 |                   |                 |                 |       |
| 13  |             |                                 |                   |                 |                 |       |
| 14  |             |                                 |                   |                 |                 |       |
| 15  |             |                                 |                   |                 |                 |       |
| 16  |             |                                 |                   |                 |                 |       |
| 17  |             |                                 |                   |                 |                 |       |
| 18  |             |                                 |                   |                 |                 |       |
| 19  |             |                                 |                   |                 |                 |       |
| 20  |             |                                 |                   |                 |                 |       |
| 21  |             |                                 |                   |                 |                 |       |
| 22  |             |                                 |                   |                 |                 |       |
| 23  |             |                                 |                   |                 |                 |       |
| 24  |             |                                 |                   |                 |                 |       |
| 25  |             |                                 |                   |                 |                 |       |
| 26  |             |                                 |                   |                 |                 |       |
| 27  |             |                                 |                   |                 |                 |       |
| 28  |             |                                 |                   |                 |                 |       |
| 29  |             |                                 |                   |                 |                 |       |
| 30  |             |                                 |                   |                 |                 |       |
| 31  |             |                                 |                   |                 |                 |       |