

Bank of Health

the game that's good for you!



	Player 1: Martha	Player 2: James	Player 3: Chris
DAY 1	porridge, 5 types veg, no exercise, wheat free, 1.5 litres water, 2 choc bars 6 points, -£2.50	no choc or cookies, 10,000 steps, 5 types veggies 1 hour running, 1 pint beer, 1 bag crisps, 7 points, -£2.00	5 types of veggies, 1 vodka tonic, 1 bag crisps, 1.5 liters water, 1 hour running 5 points, -£2.00
DAY 2	5 types veg, 1.5 litres water, 1 choc bar, no exercise 4 points, -£1.50	no choc or cookies, 10,000 steps, 5 types veggies 1 hour running 7 points	porridge, 2 chocolate bars, 5 types of veggies, 1/2 hour weights, 4 points, -£2.00
DAY 3	1 choc bar, 1 hour running, 10,000 steps, 2 pints beer 3 points, -£3.00	1 chocolate bar, 1.5 litres water, 5 types of veg, no exercise 4 points, -£1.50	Porridge, 3 glasses wine, 1 bag of crisps, 10,000 steps, no choc or cookies 4 points, -£4.00
DAY 4	no choc or cookies, 5 types veggies, 1/2 hour running, 1.5 liters water, 7 points	1 hour step aerobics, 1 bar chocolate, 1.5 liters water 4 points, -£1.00	porridge, 2 pints beer, 10,000 steps, 1 bag of crisps, 1 chocolate bar 2 points, -£4.00
DAY 5	porridge, 1.5 liters water, no choc or cookies, 1/2 hour running 6 points	2 scoops ice cream, 1.5 liters water, 1 hour aerobics, 5 types of veg 6 points, -£2.00	porridge, 10,000 steps, no choc or cookies all day 4 points
TOTAL	26 points, -£7.00	28 points, -£6.50	19 points, -£12.00