

# Bank of Health

the game that's good for you!

## Keeping Score:

### Activity: + 1 point

10,000 steps a day

½ hour sweaty exercise/weight training

1 hour yoga

1 hour energetic housework/cleaning

### One Day Bonuses + 1 point

Wheat free day

Alcohol free day

Caffeine free day

No eating after 8:30pm

White food free day

### Super One Day Bonuses + 2 points

No chocolate or biscuits all day

5 types of Veggies in a day

1.5 litres of water

### Food + 1 point

Porridge for breakfast

healthy smoothie for breakfast

### Food +.25 points

Piece of fruit

Portion of 1 type of vegetable

## Penalties:

### Food/Drink Penalties: - £1

skipping breakfast

1 chocolate bar/cookie/doughnut/slice cake

1 scoop of ice cream

2 scoops of low fat ice cream

1 unit of alcohol (1 glass red wine a day is ok!)

1 pint of beer/guinness

5 french fries

1 portion/slice really fatty or fried food

### Other Penalties:

1 cigarette/other drug - £1

no exercise for the whole day -£0.50

