

## Fundamental 4 Check list:

Each achievement is a score of 1, maximum score for the day = 4

Goal is at least 93 points out of a possible 124. (75%!)



Days	Water in	Goodness in	move more	sleep+E5:F37	TOTAL
	<i>minimum 2L</i>	<i>80/20 rule</i>	<i>exercise</i>	<i>minimum 7 hours</i>	
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