LUTHER LINES
Make healthy squares and win!

Player 1 Name: ___________________________ Week (circle one): 3/2-3/8  3/9-3/15,

Earn one line for each of the following done each day of the week (4 lines=1 square):
  *30 minutes of exercise (earn up to 2 lines for 60 minutes of exercise)*
  *3 servings of fruit*
  *3 servings of vegetables*
  *8 glasses of water*
  *6+ hours of sleep*

Distinguish squares won between each player (i.e.: initials, 1 or 2, etc.)

The winner is the person with the most completed squares at the end of the week. Please turn in the completed game boards to Vicky Jaeger (Union 104) by the Tuesday following each game. For more information go to luther.edu/wellness

Player 1 Score: ________________
Player 2 Score: ________________