

Day	Number of floors UP is worth 5 points per floor.	Number of floors DOWN is worth 2 points per floor.	Were you carrying something heavy? Add 1 point per floor.	Smile and say "Hi" to somebody? Add 10 points per day!	Daily Total
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31					
TTL					

## Here's an exiting monthly challenge for anybody who wants to get stronger at the Lanai.

We're adding the "**game theory of life**" here with a new fun daily challenge!

Start any day you'd like, and try to use the stairs every day for the next month.

If you miss a day, no big whoop, just leave the line blank and try again tomorrow.

Each day, record how many floors you climbed or descended and give yourself credit.

You earn 5 points to go up one floor. Add an extra point if you're carrying something heavy.

You earn 2 points for going down one floor. And yup, you get an extra point for carrying heavy stuff.



And, most excitingly, if you have a pleasant conversation with somebody in the Lanai, give yourself 10 points.

We're already a pretty friendly community and even if you don't want to take the stairs, you can still brighten somebody else's day with a brief conversation, and earn a few points while you're at it!

Bring your sheet to the next board meeting and we'll celebrate you for your achievement.

Name: \_\_\_\_\_

Unit #: \_\_\_\_\_