

Face Off
Week #9 (Final Week)
March 8 – 14

Name: _____ Team #: _____

“Sugar Substitutes”

_____ 400 points. Read the articles posted at the Sports Complex and on-line (website: www.woodlochsportscomplex.com) regarding sugar substitutes.

Write down 4 things that you learned from reading this information;

1. _____ 200pts
2. _____ 200pts
3. _____ 200pts
4. _____ 200pts

_____ 500 points. Participate in the Blood Drive. Give Blood on Monday, March 8th at the Inn 1 pm – 6 pm

_____ 400 points. Reach out and workout with a teammate or just a member of the Sports Complex. Workout together or take a class together. Encourage someone to try something different.

_____ 400 points. What did you like and dislike about the Face Off Program this year?

Will you be attending the awards ceremony on Thursday, March 25th? _____

Must Get re-measured by Thursday, March 18th
This will allow us enough time to tally the points correctly.

Point System This Week:

15 minutes = 25 points	45 minutes = 75 points
30 minutes = 50 points	60 minutes = 100 points

Monday, March 8:

_____ Points: _____

Tuesday, March 9:

_____ Points: _____

Wednesday, March 10:

_____ Points: _____

Thursday, March 11:

_____ Points: _____

Friday, March 12:

_____ Points: _____

Saturday, March 13:

_____ Points: _____

Sunday, March 14:

_____ Points: _____