



## The Work at Home Game – Add up points to measure your Life Balance!

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Breakfast: Did you eat it? **+5 points**  
Breakfast: did you eat at your desk? **-2 points**  
Breakfast: don't eat it. **0 points**



Did you Shower today? **+10 points**  
Did you wash your face today? **+3 points**  
Did you brush your teeth yet? **+3 points**  
You didn't brush your teeth yet?? **-7 points**



It's 8 am; are you dressed? **+7 points**

Are you wearing regular clothes? **+5 points**

If the clothes are clean, add another **+2 points**

It's after 9 am; are you still wearing pajamas? **-1 point**

It's after 2 pm; are you still wearing pajamas? **-3 points**

It's after 4 pm and you're STILL wearing pajamas?? **-7 points**



Did you take a lunch break away from your desk of at least 30 minutes? **+7 points**

Did you eat lunch at your desk? **-10 points**

Forgot to eat lunch? **0 points**

It's 10 am; is your email current? **+3 points**

It's 3 pm; is your email still current? **+5 points**

It's after dinner and you are checking email?? **-5 points**



Have you exercised today for at least 30 minutes? **+15 points**

Have you been glued to your desk all day? **-20 points**



Did you have a restroom break this morning? **+3 points**

Did you have a restroom break this afternoon? **+3 points**

Did you wait more than 45 minutes to take any of your restroom breaks?? **-10 points**

You're on vacation and checking email??? **-100 points**

