**Day 1**

Your alarm wakes you up at 8am, just like every other day. You head downstairs and decide to get something for breakfast before going to work, since you can’t work at your best on an empty stomach.

What do you decide to eat?

a) Chocolate puffs, a breakfast cereal (-3 health)

b) Eggs and bacon (-2 health)

c) Porridge (+2 health)

After checking the fridge and drawers, you realise you’ll need to buy some more food later today. You get paid by the hour and have little money left, so it will have to wait until after you’re finished work.

It is now 8:30am. You could walk to work, but you live a fair distance from your office and would risk being late. Taking your car would guarantee that you get there on time, but you would need to buy more petrol on the way there. What do you choose?

1. Car (- money)
2. Walk (+5 health, late to work, money penalty plus warning)

What do you have to drink with your lunch?

a) Water (-no money)

b) Vitamin burst smoothie (-large money, -3 health)

c) Cola (- small money, -3 health)

What do you do in spare time? (gym, watch TV, etc)

Dinner choice (good, bad, seemingly good)

**Day 2**

7:00 – You wake up after a good night’s rest. Time for breakfast:

1. Egg sandwich (+4 health)

b) Yogurt (+2 health)

c) Bagel & croissant (-3 health)

8:00 – It is now time to head to work, will you take your car, or go by foot?

1. Car (-money) + Event ? (ie. Traffic jam, fine for running a red)
2. Walk (+health)

12:00 – It is now time for you to have lunch with your friendly colleagues. Some of them offer you to come with them to get some tacos; what will you do?

1. Go for tacos (money -5, health -4)
2. Eat Salad at cafeteria (money -5, health +3)
3. Skip meal and keep working (money +10, health – 5)

19:00 – You have finished work for the day (+ money?). What do you do in spare time?

1. Hit the gym (-money, + health)
2. Go for a beer (-money, -health)

20:00 – Time for dinner, as always, you have several options that you can pick from:

1. Order takeaway (-5 money, -4 health)
2. Cook beef with rice (-2 money, + 2 health)
3. Stir fry some vegetables (-4 money, +4 health)

**Day 3**

7:00 – You manage to wake up to the sound of your alarm as you went to bed quite early last night. Time to head down for breakfast, unfortunately you are out of eggs:

1. Coco cereals (money -1, health -4)
2. A fruit salad (money -3, health +2)
3. Just a coffee (health -5)

8:00 – Alright, time to head off! It is pouring today, so you must take the car or the public transports (although the latter may take more time):

1. Take the car (money –5, time 1h)
2. Take public transports (money -3, time 1h30)

12:00 – Your morning shift has ended and you are ready to head out for lunch, however the storm is still raging outside. You will have to do with what the cafeteria has to offer today. You can choose between an assortment of cod and beans, a tomato soup, or you can also order fish and chips (knowing it will be 50% off today):

1. Cod and beans (money -6, health +3)
2. Tomato soup (money -3, health +2)
3. Fish and chips (money -1, health -2)

19:00 – Work has ended, but the flooded roads caused some delays in traffic on your way back home, impeding on your usual free time. You decide to get dinner straight away:

1. Left-overs from yesterday (health?)
2. Order fish and chips 50% off (money -1, health -2)
3. Cook some pasta (money -1, health +1)

21:00 – Your colleagues have invited you to a networking session which could prove very useful to your career, followed by at night at the club to dance the stress away. You could decide to stay home but miss out on a great opportunity.

1. Stay home (nothing)
2. Go out (money +15, health -8, time 4h)

2:00 – If you chose to go out, you can finally go to bed.

**Day 4**

8:00 – Wake up normally + usual breakfast choices if you chose to stay home.

10:00 – Woops! Seems you were so tired you slept through your alarm. You don’t have time to eat breakfast and must take your car to work to make up for lost time.

1. Car & no breakfast (money -5, health -7)

12:00 – As you were late this morning, you must stay in during your usual break to finish some work. You can either choose to skip your lunch all together, or buy some snacks from a vending machine as a substitute:

1. Skip lunch (health -8)
2. Buy Snacks (money -3, health -3)

18:00 – The week is finally over, you have the option to head to the pub with some friends. Go to the gym which is 40 minutes away or head home to relax on your own:

1. Head home (health -1)
2. Gym (time +1h, health +4, money -2)
3. Pub (health -2, money -2)

20:00 – You can get a sandwich on the way back if you were out, go shopping and do the cooking yourself or buy a ready meal:

1. Sandwich (money -3, health -2)
2. Shopping (money -7, health +4, time -2h)
3. Ready meal (money -4, health -1, time -1h)

22:00 – Since you do not have to wake up tomorrow, you can stay up late if you would like:

1. Stay up and read (time 2h, health -2)
2. Go to bed (health +4)
3. Go out with friends (money -5, health -4)

**Day 5**

11:00 – You just woke up and feel well rested after such a long week. It is past breakfast time so you can either have lunch straight away, or eat breakfast instead of lunch:

1. Oatmeal and yogurt (money -3, health +3)
2. Croissant and grapes (money -3, health -2)
3. Cook some spinach and turkey (money -5, health +4)
4. Eat tuna sandwich (white bread) (health -2, money -2)

13:00 – You just received your monthly bills (money -15) Depending on the time you have left, your budget and your motivation you can choose how to occupy your afternoon:

1. Go watch a movie (money -5)
2. Stay at home (health -3)
3. Walk to the gym (money -3, health +3)

18:00 – You have received a text from your girlfriend saying she will come over for dinner tonight, you have to pick a place to go since you’re not the best cook:

1. Fancy restaurant (money -12, health +5)
2. Go to King Burger (money -5, health -3)
3. Order sushi (money -8, health +4)