

CollegeDays

Is your school-life balance healthy?

Age: 8 to adult

Players: 3

As a college student, you have a really busy college life. Make your schedules for two days and **strike a better balance** of your studies, physical health, and mental health!

Contents:

- 3 Wellness scoreboards
- 3 Sets of time tokens (dawn, morning, afternoon, evening)
- 1 Daily routine board
- 10 Coursework cards
- 50 Book tokens
 - 20 CTIN 534 tokens
 - 20 CTIN 541 tokens
 - 10 Elective class tokens
- 78 Ingredients tokens
 - 48 Grocery ingredients tokens
 - 12 Dining ingredients tokens
 - 18 Dining oil tokens
- 15 Sleep tokens
- 15 Entertainment tokens
- 10 Failed coursework tokens
- 10 Spoiled food tokens
- 1 Dice
- 1 Game rulebook

Object of the game

Players attempt to manage their daily life during 4 time periods in 2 days. Players gain or lose points based on their wellness and coursework accomplishment. When 2 days (2 rounds) are over, the player with the highest total score wins.

Game preparation

Place the Daily routine board in the center of the table.



- **Dining module (1)**

1. Place all (18) dining oil tokens (front & back: ) on the 3 oil tokens spots  (6 tokens on each).
2. Shuffle all (12) other dining ingredients tokens (front: , back: ) and place them on  (6 tokens on each), facedown.

- **Supermarket module (2)**

1. Shuffle all the grocery ingredients tokens (front: , back: ) , divide them into six roughly equal piles and place them in the six cart spots , facedown.
2. Then flip one card on top of each pile faceup.

- **Entertainment & Sleep module (4)(6)**

Place the entertainment token  on the entertainment module and place the sleep tokens  on the sleep module.



● **Bookstore module (5)**

1. Shuffle red and orange book tokens  , divide them into 3 roughly equal piles and put them in the indicated outlined spots, face down as the figure below shows (“SC” face up).



2. So do the yellow and green book tokens   and the blue tokens .



3. Flip the top token of each pile faceup so that there are a total of 9 books available at the start of the game.

Players have their wellness scoreboards placed in front of them, and each player gathers a set of time tokens.

BODY FITNESS			MENTAL HEALTH			COURSEWORK																				
Water	Fat		Entertainment	Sleep																						
-3	-2	0	-2	0	2	-5	-2	0																		
2	4	6	3	4	3	4	3	4																		
Veg	Protein																									
-3	0	2	-3	0	3																					
4	6	8	5	7	8																					
→ Leftover ingredients go stale after each round. You lose an extra point in body fitness for each ingredient you discard.			SCHOOL WORK CTIN 53H CTIN 5K1			DEADLINE FAIL You lose extra 3 points in school work for each coursework you failed.																				
<table border="1"> <tr><td>-3</td><td>0</td><td>4</td></tr> <tr><td>6</td><td>8</td><td>10</td></tr> </table>			-3	0	4	6	8	10	<table border="1"> <tr><td>-3</td><td>0</td><td>4</td></tr> <tr><td>6</td><td>8</td><td>10</td></tr> </table>			-3	0	4	6	8	10	<table border="1"> <tr><td>-2</td><td>0</td><td>3</td></tr> <tr><td>6</td><td>8</td><td>10</td></tr> </table>			-2	0	3	6	8	10
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6	8	10																								
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6	8	10																								



Shuffle all the coursework cards and each player randomly draws 3 cards from the deck to register and add them to the coursework area faceup on the top-right of the wellness scoreboard. (See **Game-rules, coursework** for gameplay details)



Game rules

The youngest player may begin first. Play proceeds in a clockwise direction.

The game has two rounds in total, each round consists of four time periods (dawn, morning, afternoon and evening) to take actions.

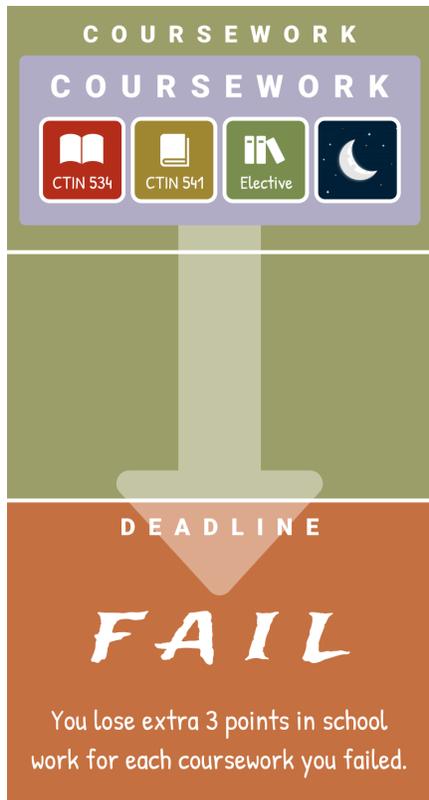
Each round, players alternate taking actions 1 at a time until everyone has taken 4 actions. The round ends after all time tokens have been placed and all actions are completed.

After two rounds of the game, players count scores on their wellness scoreboard, and the one with the most total scores wins (please check the **End of the game** for details).

Coursework

The 3 coursework cards you just drew are incomplete coursework that will need to be filled with corresponding book and sleep tokens in order to score them. **At the end of the first round**, you can choose to drop at most 2 coursework without penalty. (Remove your dropped coursework cards from your scoreboard.) For courses you are still enrolled in, all incomplete coursework cards are moved one space downwards **at the end of each round**. If you pass your coursework deadline and still haven't finished them, you lose extra 3 points for each coursework card (grab one failed (-3 pts) token).





3 coursework cards you drew. You are only allowed to drop no more than 2 courses at the end of the first round.

After one round, incomplete coursework cards are moved here. You are not allowed to drop class anymore.

After two rounds, incomplete coursework fail.

Start the Game

On your turn, you place a time token on any one of the spaces on the daily routine board and perform the action as instructed.

-if you go to the Dining module

Place 1 time token on the dining module and flip the top dining ingredient tokens  of each pile face up so that you complete your order of the row. Take all 5 dining ingredients tokens from the row (2 ingredients tokens you flip + 3 fixed oil tokens).

Place all 5 ingredient tokens you get into the corresponding spots in your Body Fitness on the wellness scoreboard.  water;  fat;  veg;  protein.

For example, you flip 2 , and they are  and , you then put 4  and 1  into your body.

B O D Y F I T N E S S					
Water			Fat		
-5	-2	0			
2	4	6		1	-1
Veg			Protein		
-3	0	2		0	3
4	6	8	5	7	8

-if you go to the Supermarket module

Each grocery shopping action allows you to purchase up to \$6 worth of ingredients. To shop, place 1 time token on the supermarket module.

Water can be purchased for \$1 each, oil for \$1, veg for \$2 and meat for \$3. You don't have to spend all your money, but the money you didn't spend will be wiped out after each action. You will again have \$6 to spend once you place another time token here.



If something is sold out (the top token of the pile is facedown , you can only flip another token on top of the pile face up when you just put your time token here and have not started your shopping. You are not allowed to flip ingredient tokens once you have taken actions of buying ingredients in this turn.

After you finish your shopping action this turn, you move all of the ingredients tokens you get from the supermarket into the refrigerator on your scoreboard. Don't place them in your body fitness zone yet, you need to spend another time token to go to the kitchen module on the daily routine card to cook first.

-if you go to the Kitchen module

Place 1 time token on the kitchen module and choose 3 different types of ingredients in your refrigerator to cook and eat. (E.g. Meat, oil, veg) Place ingredients you just ate in the body fitness zone on your scoreboard.

Ingredients in your refrigerator spoil after each round. If you do not cook your ingredients before they spoil, they will have to be thrown away. You lose an extra point in body fitness

for each discarded ingredient (Grab one spoiled food (-1 pt) token).  

-if you go to the Bookstore module

Place 1 time token on the bookstore module to purchase up to \$6 worth of books in the bookstore.

The books on different shelves have different prices. \$2 for each on the red-orange shelf, \$3 for the yellow-green shelf, \$4 for blue. Discounts are offered to students each time they visit the bookstore. **Roll the dice** to reveal the shelf on sale (**if the shelf is on sale for you, the price of each book on that shelf will be \$1 less**). For example, if you roll the red-orange color, then the red-orange shelf is on sale. You can buy books on the red-orange shelf for \$1 each instead of the regular price of \$2 each. But you still need to pay for the regular price of \$3 for each yellow and green book and \$4 for blue ones.

You don't have to spend all your money, but the money you didn't spend will be wiped out after each action. You will again have \$6 to spend once you place another time token here.



If books are sold out, , you are not allowed to flip book tokens faceup once you have taken actions of buying books in this turn. (You can refill empty spaces and flip the top token(s) of the decks faceup only after you just put down your time token here.)

The book tokens you purchase from the bookstore cannot go straight to the school work module on your scoreboard. Only if you fill your registered coursework cards with all required books and sleep tokens, you actually learn. Put the learnt book tokens in the corresponding spots on your scoreboard.

-if you go to the Sleep module

Place 1 time token on the sleep module for two sleep tokens. Place the tokens on the sleep module in the mental health zone on your scoreboard. Sleep tokens are also consumables used to complete coursework. **If you use your sleep tokens for coursework (put your sleep tokens on the coursework cards), they are consumed and you have to discard them no matter if you complete/fail/drop your coursework.**

-if you go to the Entertainment module

Place 1 time token on the Entertainment module for 1 entertainment token. Place the token on the entertainment module in the mental health zone on your scoreboard.

Prepare for the next round

- Players move all ingredients tokens left in their refrigerator into the trash and grab corresponding numbers of spoiled food tokens.

- Players choose 0-2 coursework to drop and move all other incomplete coursework cards one space closer to the deadline.
- Remove all faceup grocery ingredients tokens from the supermarket. Then, refill and flip the top token of each pile so that 6 new ingredients tokens are available.
- Remove all faceup book tokens from the bookstore. Then, refill and flip the top token of each pile so that 9 new book tokens are available.
- Players take back their 4 time tokens and start the next round.

End of the game

The game ends after the 2nd round. Calculate the points you gain or lose. Your point for each module is labeled on the left of the following block your last token reaches. (For example, the player with the following scoreboard has 2 points for water, 1 point for fat, -3 point for veg, and 0 point for protein.)

B O D Y F I T N E S S					
Water			Fat		
					
2	4	6		1	-1
Veg			Protein		
					
-3	0	2	0	3	
4	6	8	5	7	8

If there are more than 5 tokens under each module (exceed the limit on scoreboard), excessive tokens don't count, the score stays the same as there are 5 tokens.

Add the points altogether, subtract 3 points for each failed coursework token and 1 point for each spoiled food token. The player with the highest total points wins the game.