



January 16-22

Starting Weight: _____

Ending Weight: _____

My healthy habit is: _____

My Unhealthy Habit to toss is: _____

	1/16	1/17	1/18	1/19	1/20	1/21	1/22
Communication 5 points/week							
Meal Planning 10 points/week							
Eating 6 points per meal, 30 points/day							
Exercise 20 points/day							
Water 10 points/day							
Sleep 15 points/day							
Healthy Habit (gain) 10 points/day							
Unhealthy Habit (loss) 10 points/day							
SuB Total: ___/680							



	1/16	1/17	1/18	1/19	1/20	1/21	1/22
BONUS							
Workout Pic +5							
Recipe Pic +5							
Encouragement Post +5							
Meal Prep Pic +5:							
Program Workout +10 per workout							
DEDUCTIONS							
Snacking Between Meals - 10 points							
Alcohol -10 points							
Pop -10 points							
TOTAL:							