



**January 9-15**

Starting Weight: \_\_\_\_\_

Ending Weight: \_\_\_\_\_

My healthy habit is: \_\_\_\_\_

My Unhealthy Habit to toss is: \_\_\_\_\_

	1/9	1/10	1/11	1/12	1/13	1/14	1/15
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							



	1/9	1/10	1/11	1/12	1/13	1/14	1/15
<b>BONUS</b>							
Workout Pic +5							
Recipe Pic +5							
Encouragement Post +5							
Meal Prep Pic +5:							
Program Workout +10 per workout							
<b>DEDUCTIONS</b>							
Snacking Between Meals - 10 points							
Alcohol -10 points							
Pop -10 points							
<b>TOTAL:</b>							