

Name Deb Total Pts=201

Start date Monday, May 26

End date Sunday, July 19

WEEK #4	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Repeat AFFIRMATIONS (5 pts)	5	5	5	5	5	5	5
WATER: 1 pt 32 oz 3 pt 64 oz	1	1	1	1	1	1	-
STOP EATING/DRINKING BEFORE 9p: 5 pts	5	5	5	5	5	5	5
FRUIT: 1 pt per serving Max 2 servings	2	2	2	2	2	2	4
VEGETABLES: 2 pt per serving No limit.	6	4	6	2	4	4	4
PROTEIN: 1 pt per meal Max 3 pts	3	3	2	2	3	3	2
NO SUGARY DESSERTS OR CANDY: 5 pts	5	5	5	5	5	-	-
NO CHIPS, FRENCH FRIES OR OTHER JUNK FOOD: 5 pts	5	5	5	5	5	5	5
ALCOHOL (LIMIT 1) Subtract 2 pt for number of drinks over limit	-6	-4	-4	-4	-4	-6	-10
BREAD/MUFFIN (LIMIT 1 SLICE) Subtract 1 pt for number of slices over limit	-	-1	-	-	-1	-1	-
EXERCISE: 5 pts – 30 min 7 pts – 45 min or more (only 5 days a week)	7	7	7	7	7	N/A	N/A
SLEEP: 1 pt: 6+ hours of sleep	1	1	1	1	1	1	1
TOTAL	34	33	35	31	33	19	16