

Name Deb Total Pts=234

Start date Monday, May 26

End date Sunday, July 19

WEEK #5	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	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	2
VEGETABLES: 2 pt per serving No limit.	8	6	2	6	4	2	6
PROTEIN: 1 pt per meal Max 3 pts	2	3	2	3	3	3	3
NO SUGARY DESSERTS OR CANDY: 5 pts	5	5	5	5	3	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	-2	-2	-2	-2	-8	-	-
BREAD/MUFFIN (LIMIT 1 SLICE) Subtract 1 pt for number of slices over limit	-	-	-	-	-	-2	-
EXERCISE: 5 pts – 30 min 7 pts – 45 min or more (only 5 days a week)		7	7	7	7	5	-
SLEEP: 1 pt: 6+ hours of sleep	1	1	1	1	1	1	1
TOTAL	32	38	33	38	28	32	33