

Name Julie Total Pts= 206

Start date Monday, May 26

End date Sunday, July 19

<b>WEEK #1</b>	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
Repeat AFFIRMATIONS (5 pts)		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.	4	4	2	6	4	2	2
PROTEIN: 1 pt per meal Max 3 pts	3	3	2	3	3	2	2
NO SUGARY DESSERTS OR CANDY: 5 pts	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 1 pt for number of drinks over limit						-1	-1
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		
SLEEP: 1 pt: 6+ hours of sleep	1	1	1	1	1	1	
<b>TOTAL</b>	<b>33</b>	<b>38</b>	<b>21</b>	<b>33</b>	<b>38</b>	<b>22</b>	<b>21</b>