

Name Deb Total Pts=192

Start date Monday, May 26

End date Sunday, July 19

<b>WEEK #7</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	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
FRUIT: 1 pt per serving Max 2 servings	2	2	4	2	2	2	2
VEGETABLES: 2 pt per serving No limit.	2	8	10	2	6	6	4
PROTEIN: 1 pt per meal Max 3 pts	3	3	3	2	3	3	3
NO SUGARY DESSERTS OR CANDY: 5 pts	5	5	3	4	5	5	5
NO CHIPS, FRENCH FRIES OR OTHER JUNK FOOD: 5 pts	-	5	5	5	5	5	3
ALCOHOL (LIMIT 1) Subtract 2 pt for number of drinks over limit	-6	-4	-6	-6	-6	-8	-4
BREAD/MUFFIN (LIMIT 1 SLICE) Subtract 1 pt for number of slices over limit	-1	-	-		-1	-	2
EXERCISE: 5 pts – 30 min 7 pts – 45 min or more (only 5 days a week)	5	7	5	7	-	5	-
SLEEP: 1 pt: 6+ hours of sleep	1	1	1	1	1	1	1
<b>TOTAL</b>	<b>22</b>	<b>38</b>	<b>31</b>	<b>28</b>	<b>21</b>	<b>25</b>	<b>27</b>