

Name Deb Total Pts=212

Start date Monday, May 26

End date Sunday, July 19

| WEEK #8 | 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 | - | 2 | 1 |
| STOP EATING/DRINKING BEFORE 9p: 5 pts | - | 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. | 6 | 6 | 4 | 4 | 6 | 6 | 4 |
| PROTEIN: 1 pt per meal Max 3 pts | 3 | 3 | 3 | 3 | 3 | 3 | 2 |
| NO SUGARY DESSERTS OR CANDY: 5 pts | 5 | 5 | 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 | -2 | -2 | -6 | -4 | -6 | -8 |
| BREAD/MUFFIN (LIMIT 1 SLICE) Subtract 1 pt for number of slices over limit | - | - | - | - | -1 | - | - |
| EXERCISE: 5 pts – 30 min 7 pts – 45 min or more (only 5 days a week) | 7 | 5 | 7 | 7 | - | 7 | - |
| SLEEP: 1 pt: 6+ hours of sleep | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| TOTAL | 29 | 36 | 36 | 32 | 27 | 35 | 17 |