

Notes

- Try to choose the majority of your foods from the positive foods list. You get 5 points each day for eating positive food items. We recommend eating what you already love but tweaking the recipes to fit the positive food list. For example, use whole grain pasta instead of white in a recipe!
- Subtract 1 point for each negative food serving you eat a day. Read that again. Each serving. Eating a whole pizza is not only going to be minus one point.
- Portion size is not an element of this challenge unless you want it to be. Listen to your body.
- The “cheat days” of this challenge are “sweet days”. Remember, this means you still need to be getting those fruits and veggies servings as well as positive food points. However, it’s a free day for sweets and desserts. Eat as much or as little as you want or don’t eat any. But you still put an X on your sweet day no matter if you indulge or not.
- Drink AT LEAST 64 oz. of water per day. If you drink more that’s great! We have 32 oz. water bottles with straws that make this part of the challenge a little more convenient.
- No eating after 8:30 PM except for fruits or veggies. You won’t get docked for those.
- You need two servings of fruit per day. One serving of fruit is 1/2 cup.
- You need three servings of vegetables per day. One serving is 1/2 cup, unless it’s leafy greens. Leafy greens are 1 cup.
- Exercise at least 30 minutes for 5 days a week. Exercise is flexible and you have many options. Do what you want! Speed walking counts just the same as lifting weights. Even swimming for fun could count. It’s up to you and what your goals are.
- Try to get someone to do this challenge with you, and keep each other accountable.
- Choose a reward or something to motivate you if you want.

xoxo,
Brooklyn & Summer