

	<i>Week one</i>							total	<i>Week two</i>							total	<i>Week three</i>							total	<i>Week four</i>							total				
	M	T	W	Th	F	S	Su		M	T	W	Th	F	S	Su		M	T	W	Th	F	S	Su		M	T	W	Th	F	S	Su					
Eat positive food items- 5																																				
64 oz. of water- 3																																				
Stop eating by 8:30 PM- 3																																				
Two fruit servings- 3																																				
Two vegetable servings- 5																																				
No sweets (max 6 days)- 5																																				
Exercise (max 5 days)- 5																																				
Read, meditate, etc (at least 5 mins)- 1																																				
TOTAL DAILY POINTS																																				
*Total points possible in a week: 210	Total Weekly Points								Total Weekly Points								Total Weekly Points								Total Weekly Points											

	<i>Week five</i>							total	<i>Week six</i>							total	<i>Week seven</i>							total	<i>Week eight</i>							total				
	M	T	W	Th	F	S	Su		M	T	W	Th	F	S	Su		M	T	W	Th	F	S	Su		M	T	W	Th	F	S	Su					
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Read, meditate, etc (at least 5 mins)- 1																																				
TOTAL DAILY POINTS																																				
Total 8-Week Points: _____	Total Weekly Points								Total Weekly Points								Total Weekly Points								Total Weekly Points											