Week Date: _____ **Name:** _____ **Grand Total Points:** _____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast calories_____	Breakfast calories_____	Breakfast calories_____	Breakfast calories_____	Breakfast calories_____	Breakfast calories_____	Breakfast calories_____
Snack _____	Snack _____	Snack _____	Snack _____	Snack _____	Snack _____	Snack _____
Lunch _____	Lunch _____	Lunch _____	Lunch _____	Lunch _____	Lunch _____	Lunch _____
Snack _____	Snack _____	Snack _____	Snack _____	Snack _____	Snack _____	Snack _____
Dinner _____	Dinner _____	Dinner _____	Dinner _____	Dinner _____	Dinner _____	Dinner _____
Total Calories						
Water – 8 cups ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
F/V – 5 servings ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐
Challenge						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity						
Time						

POINT TOTALS Tracking Sheets: _____ F/V: _____ H2O: _____ Exercise: _____ Challenge: _____ Weigh-In: _____ Loss/Gain: _____