

# JANUARY 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10 Exercise: Dietary: Total:	11 Exercise: Dietary: Total:	12 Exercise: Dietary: Total:	13 Exercise: Dietary: Total:	14 Exercise: Dietary: Total:	15 Exercise: Dietary: Weekly Total:
16 Exercise: Dietary: Total:	17 Exercise: Dietary: Total:	18 Exercise: Dietary: Total:	19 Exercise: Dietary: Total:	20 Exercise: Dietary: Total:	21 Exercise: Dietary: Total:	22 Exercise: Dietary: Weekly Total:
23 Exercise: Dietary: Total:	24 Exercise: Dietary: Total:	25 Exercise: Dietary: Total:	26 Exercise: Dietary: Total:	27 Exercise: Dietary: Total:	28 Exercise: Dietary: Total:	29 Exercise: Dietary: Weekly Total:
30 Exercise: Dietary: Total:	31 Exercise: Dietary: Total:					

**30 minutes of exercise** You may exercise in any increment you choose: 3 ten minute, 2 fifteen, or all at once

**5 points max daily**

**No full calorie soft drinks or sweet tea all day (Try drinking water instead).**

**3 points**

**No fried foods all day**

**3 points**

**Meet 5 % weight loss goal**

**50 points**

**Each additional percentage lost**

**5 points**



Name: \_\_\_\_\_

# FEBRUARY 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Exercise: Dietary: Total:	2 Exercise: Dietary: Total:	3 Exercise: Dietary: Total:	4 Exercise: Dietary: Total:	5 Exercise: Dietary: Weekly Total:
6 Exercise: Dietary: Total:	7 Exercise: Dietary: Total:	8 Exercise: Dietary: Total:	9 Exercise: Dietary: Total:	10 Exercise: Dietary: Total:	11 Exercise: Dietary: Total:	12 Exercise: Dietary: Weekly Total:
13 Exercise: Dietary: Total:	14 Exercise: Dietary: Total:	15 Exercise: Dietary: Total:	16 Exercise: Dietary: Total:	17 Exercise: Dietary: Total:	18 Exercise: Dietary: Total:	19 Exercise: Dietary: Weekly Total:
20 Exercise: Dietary: Total:	21 Exercise: Dietary: Total:	22 Exercise: Dietary: Total:	23 Exercise: Dietary: Total:	24 Exercise: Dietary: Total:	25 Exercise: Dietary: Total:	26 Exercise: Dietary: Weekly Total:
27 Exercise: Dietary: Total:	28 Exercise: Dietary: Total:					

- 30 minutes of exercise** You may exercise in any increment you choose: 3 ten minute, 2 fifteen, or all at once **5 points max daily**
- No full calorie soft drinks or sweet tea all day (Try drinking water instead).** **3 points**
- No fried foods all day** **3 points**
- Meet 5 % weight loss goal** **50 points**
- Each additional percentage lost** **5 points**



Name: \_\_\_\_\_

# MARCH 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Exercise: Dietary: Total:	2 Exercise: Dietary: Total:	3 Exercise: Dietary: Total:	4 Exercise: Dietary: Total:	5 Eight Week Total:
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

**30 minutes of exercise** You may exercise in any increment you choose: 3 ten minute, 2 fifteen, or all at once

**5 points max daily**

**No full calorie soft drinks or sweet tea all day** (Try drinking water instead).

**3 points**

**No fried foods all day**

**3 points**

**Meet 5 % weight loss goal**

**50 points**

**Each additional percentage lost**

**5 points**



Name: \_\_\_\_\_