

Starting Weight from Sunday Night: _____

WEEK #1	MON	TUES	WED	THURS	FRI	SAT	SUN
1 pt: Posting update on page							
3 pts: 64 oz Water							
3 pts: No eating past 9 pm							
3 pts: 2 Fruit Servings (1 cup each)							
5 pts: 3 Vegetable Servings (1 cup each)							
5 pts: No processed foods/sugary treats (only 6 days/week)							
5 pts: Log food and exercise into MFP							
5 pts: 30 min. exercise OR 7 pts: 45 min. + exercise (Only 5 days/week)							
TOTAL POINTS: (205 possible)							

Weight Loss Points

1 Point per Pound lost

0.5 Point for maintaining weigh-in weight

-1 Point per Pound gained

Total Points from Week: _____ + Points from Weight Loss/ Gain: _____ =

TOTAL WEEK 1 POINTS: _____

WEEK #2	MON	TUES	WED	THURS	FRI	SAT	SUN
1 pt: Posting update on page							
3 pts: 64 oz Water							
3 pts: No eating past 9 pm							
3 pts: 2 Fruit Servings (1 cup each)							
5 pts: 3 Vegetable Servings (1 cup each)							
5 pts: No processed foods/sugary treats (only 6 days/week)							
5 pts: Log food and exercise into MFP							
10 pts: 30 min. exercise OR 14 pts: 45 min. + exercise (Only 5 days/week)							
TOTAL POINTS: (240 possible)							

Starting Weight from Sunday Night: _____

Weight Loss Points

1 Point per Pound lost

0.5 Point for maintaining weigh-in weight

-1 Point per Pound gained

Total Points from Week: _____ + Points from Weight Loss/ Gain: _____ =

TOTAL WEEK 2 POINTS: _____

WEEK #1	MON	TUES	WED	THURS	FRI	SAT	SUN
1 pt: Posting update on page							
3 pts: 64 oz Water							
3 pts: No eating past 9 pm							
6 pts: 2 Fruit Servings (1 cup each)							
5 pts: 3 Vegetable Servings (1 cup each)							
5 pts: No processed foods/sugary treats (only 6 days/week)							
5 pts: Log food and exercise into MFP							
5 pts: 30 min. exercise OR 7 pts: 45 min. + exercise (Only 5 days/week)							
TOTAL POINTS(226possible)							

Weight Loss Points

1 Point per Pound lost

0.5 Point for maintaining weigh-in weight

-1 Point per Pound gained

Total Points from Week: _____ + Points from Weight Loss/ Gain: _____ =

TOTAL WEEK 3 POINTS: _____

Starting Weight from Sunday Night: _____

WEEK #4	MON	TUES	WED	THURS	FRI	SAT	SUN
1 pt: Posting update on page							
6 pts: 64 oz Water							
3 pts: No eating past 9 pm							
3 pts: 2 Fruit Servings (1 cup each)							
5 pts: 3 Vegetable Servings (1 cup each)							
5 pts: No processed foods/sugary treats (only 6 days/week)							
5 pts: Log food and exercise into MFP							
5 pts: 30 min. exercise OR 7 pts: 45 min. + exercise (Only 5 days/week)							
TOTAL POINTS: (226 possible)							

Starting Weight from Sunday Night: _____

Weight Loss Points

1 Point per Pound lost

0.5 Point for maintaining weigh-in weight

-1 Point per Pound gained

Total Points from Week: _____ + Points from Weight Loss/ Gain: _____ =

TOTAL WEEK 4 POINTS: _____

Starting Weight from Sunday Night: _____

WEEK #5	MON	TUES	WED	THURS	FRI	SAT	SUN
1 pt: Posting update on page							
3 pts: 64 oz Water							
6 pts: No eating past 9 pm							
3 pts: 2 Fruit Servings (1 cup each)							
5 pts: 3 Vegetable Servings (1 cup each)							
5 pts: No processed foods/sugary treats (only 6 days/week)							
5 pts: Log food and exercise into MFP							
5 pts: 30 min. exercise OR 7 pts: 45 min. + exercise (Only 5 days/week)							
TOTAL POINTS:(226 possible)							

Weight Loss Points

1 Point per Pound lost

0.5 Point for maintaining weigh-in weight

-1 Point per Pound gained

Total Points from Week: _____ + Points from Weight Loss/ Gain: _____ =

TOTAL WEEK 5 POINTS: _____

Starting Weight from Sunday Night: _____

WEEK #6	MON	TUES	WED	THURS	FRI	SAT	SUN
1 pt: Posting update on page							
3 pts: 64 oz Water							
3 pts: No eating past 9 pm							
3 pts: 2 Fruit Servings (1 cup each)							
10 pts: 3 Vegetable Servings (1 cup each)							
5 pts: No processed foods/sugary treats (only 6 days/week)							
5 pts: Log food and exercise into MFP							
5 pts: 30 min. exercise OR 7 pts: 45 min. + exercise (Only 5 days/week)							
TOTAL POINTS: (240 possible)							

Weight Loss Points

1 Point per Pound lost

0.5 Point for maintaining weigh-in weight

-1 Point per Pound gained

Total Points from Week: _____ + Points from Weight Loss/ Gain: _____ =

TOTAL WEEK 6 POINTS: _____

Starting Weight from Sunday Night: _____

WEEK #1	MON	TUES	WED	THURS	FRI	SAT	SUN
1 pt: Posting update on page							
3 pts: 64 oz Water							
3 pts: No eating past 9 pm							
3 pts: 2 Fruit Servings (1 cup each)							
5 pts: 3 Vegetable Servings (1 cup each)							
10 pts: No processed foods/sugary treats (only 6 days/week)							
5 pts: Log food and exercise into MFP							
5 pts: 30 min. exercise OR 7 pts: 45 min. + exercise (Only 5 days/week)							
TOTAL POINTS: (235 possible)							

Weight Loss Points

1 Point per Pound lost

0.5 Point for maintaining weigh-in weight

-1 Point per Pound gained

Total Points from Week: _____ + Points from Weight Loss/ Gain: _____ =

TOTAL WEEK 7 POINTS: _____

Starting Weight from Sunday Night: _____

WEEK #8	MON	TUES	WED	THURS	FRI	SAT	SUN
1 pt: Posting update on page							
3 pts: 64 oz Water							
3 pts: No eating past 9 pm							
3 pts: 2 Fruit Servings (1 cup each)							
5 pts: 3 Vegetable Servings (1 cup each)							
5 pts: No processed foods/sugary treats (only 6 days/week)							
10 pts: Log food and exercise into MFP							
5 pts: 30 min. exercise OR 7 pts: 45 min. + exercise (Only 5 days/week)							
TOTAL POINTS: (205 possible)							

Weight Loss Points

1 Point per Pound lost

0.5 Point for maintaining weigh-in weight

-1 Point per Pound gained

Total Points from Week: _____ + Points from Weight Loss/ Gain: _____ =

TOTAL WEEK 8 POINTS: _____