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							
<u>OR</u>							
7 pts: 45 min. +							
exercise (Only 5							
days/week)							
TOTAL POINTS:							
(205 possible)							

Weigl	ht l	nee	P_{Ω}	ňn	te
"" "		2000	- 0		•••

TOTAL WEEK 1 POINTS.
Total Points from Week: + Points from Weight Loss/ Gain: =
-1 Point per Pound gained
0.5 Point for maintaining weigh-in weight
1 Point per Pound lost

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							
<u>OR</u>							
14 pts: 45 min. +							
exercise (Only 5							
days/week)							
TOTAL POINTS:							
(240 possible)							

Starting	weight	mom sur	iuay r	nigiit:		
U	O		•			

T47 .	7 -	-	-	•	-
Mon	aht	Loss	ν_{α}	nn	te
	uill	LUGAA	, v		La

TOTAL WEEK a DOINTS	•
Total Points from Week:	+ Points from Weight Loss/ Gain:=
-1 Point per Pound gained	
o.5 Point for maintaining weigh-in w	veight veight
1 Point per Pound lost	

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 cupeach)							
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 <u>OR</u> 7 pts: 45 min. + exercise (Only 5 days/week)							
TOTAL POINTS(226possible)							

TOTAL WEEK 3 POINTS:
Total Points from Week: + Points from Weight Loss/ Gain: =
-1 Point per Pound gained
o.5 Point for maintaining weigh-in weight
1 Point per Pound lost

Starting '	Weight f	rom Sunday l	Night:	

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							
<u>OR</u> .							
7 pts: 45 min. +							
exercise (Only 5							
days/week)							
TOTAL POINTS:							
(226 possible)							

Weight Loss Points	
1 Point per Pound lost	
o.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							
<u>OR</u>							
7 pts: 45 min. +							
exercise (Only 5							
days/week)							
TOTAL							
POINTS:(226							
possible)							

Weight Loss Points

1 Point per Pound lost
o.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 W	Veight from	Sundav N	light:	:
			0	1

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							
<u>OR</u> .							
7 pts: 45 min. +							
exercise (Only 5							
days/week)							
TOTAL POINTS:							
(240 possible)							

M	oi	aht	In	cc	Po	in	te
v		.,,,,		.5.5		,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	1.5

TOTAL WEEK 6 POINTS:
Total Points from Week: + Points from Weight Loss/ Gain: =
-1 Point per Pound gained
o.5 Point for maintaining weigh-in weight
1 Point per Pound lost

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							
<u>OR</u>							
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:	=
otal Foliits from Week	+ Forms from Weight Loss/	Gaiii	_

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							
<u>OR</u> .							
7 pts: 45 min. +							
exercise (Only 5							
days/week)							
TOTAL POINTS:							
(205 possible)							

Wei	iaht	Loss	Poin	ts

TOTAL WEEK 8 POINTS:
Total Points from Week: + Points from Weight Loss/ Gain: =
-1 Point per Pound gained
o.5 Point for maintaining weigh-in weight
1 Point per Pound lost