

Starting Weight from Sunday night: _____

Lowest weight so far: _____

WEEK #2	MON	TUES	WED	THURS	FRI	SAT	SUN
1 pt: Contact with Teammate							
3 pts: 64 oz Water							
3 pts: Stop eating before 9 pm							
3 pts: 2 Fruit Servings (1/2 cup each)							
5 pts: 3 Vegetable Servings							
5 pts: No Sweets/Sugary Treats (only 6 days a week)							
5 pts: Keep a Food Journal							
10 pts: 30 min. exercise OR 14 pts: 45 min. exercise (Only 5 days a week)							
TOTAL POINTS: (240 possible for the week)							

10 Points per Pound lost AND 5 points for Maintaining Lowest Weight.

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

Grand Total of Points from Week 2: _____