

date	Sleep 7hrs in a night	Get physical, have fun!	Workout	Stretching	Get adjusted	Get a massage	Take probiotics vitamins and supplements	Eat 5 servings of fruits and vegetables	Drink 64oz of water	Eliminate caffeine	Eat gluten free or organic whole grains	Eliminate processed and added sugars	Perform a stress relieving activity	Eliminate T.V.	Totals
15 th															
16 th															
17 th															
18 th															
19 th															
20 th															
21 st															
Week 1 bonus points: _____ Week 1 Total Points: _____															
22 nd															
23 rd															
24 th															
25 th															
26 th															
27 th															
28 th															
Week 2 bonus points: _____ Week 2 Total Points: _____															
29 th															
30 th															
31 st															
1 st															
2 nd															
3 rd															
4 th															
Week 3 bonus points: _____ Week 3 Total Points: _____															
5 th															
6 th															
7 th															
8 th															
9 th															
10 th															
11 th															
Week 4 bonus points: _____ Week 4 Total Points: _____															
12 th															
13 th															
14 th															
16 th															
17 th															
18 th															
19 th															
Week 5 bonus points: _____ Week 5 Total Points: _____															
FB like ___(5pts)	FINAL CHALLENGE ___(10pts)													Total:	

