

Meal & Snack Ratings

- 1 = guiltless, low-cal, lowfat (a “diet” meal)
- 2 = all good choices, well-balanced meal (includes fruits, vegetables)
- 3 = one “bad” item, but with careful portion control and good choices for balance
- 3★ = one “splurge” meal per week (any foods are fine – just don’t overdo it)

Water Notations

- ✓ for AM and PM water
- +W on meal rating = water as beverage (min. once per day)

Exercise Notations

- C = Cardio Workout
- M = Muscle Workout
- A = Active Life Activity
- X = Day Off

Points (per week)

- Meal Plan = 1 to 4 points per week (which plan did you follow?)
- Water Plan (AM, PM, +W) = 1 point per week
- Exercise = 1 to 5 points, based on phase (i.e., phase 3 is 3 points)
- Active Life Activity = 1 point per week
- Pounds = 1 point if you have lost weight since the previous weigh-in
- Inches = 1 point if your target measurement is smaller than last week
- Encourage a teammate DAILY = 1 point per week

WEEK 1 (4/4-4/10) Beginning Weigh-in: _____ Target Area Measurement: _____								POINTS
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
AM Water								Meals ____ Water ____ Exercise ____ Active Life ____ Pounds ____ Inches ____ Encourage ____ TOTAL: ____
Breakfast								
Lunch								
Snack								
Dinner								
PM Water								
Exercise								
WEEK 2 (4/11-4/17) Weigh-in: _____ Target Area Measurement: _____								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
AM Water								Meals ____ Water ____ Exercise ____ Active Life ____ Pounds ____ Inches ____ Encourage ____ TOTAL: ____
Breakfast								
Lunch								
Snack								
Dinner								
PM Water								
Exercise								

WEEK 3 (4/18-4/24) Weigh-in: _____ Target Area Measurement: _____								POINTS Meals ____ Water ____ Exercise ____ Active Life ____ Pounds ____ Inches ____ Encourage ____ TOTAL: ____
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
AM Water								
Breakfast								
Lunch								
Snack								
Dinner								
PM Water								
Exercise								
WEEK 4 (4/25-5/1) Weigh-in: _____ Target Area Measurement: _____								POINTS Meals ____ Water ____ Exercise ____ Active Life ____ Pounds ____ Inches ____ Encourage ____ TOTAL: ____
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
AM Water								
Breakfast								
Lunch								
Snack								
Dinner								
PM Water								
Exercise								
WEEK 5 (5/2-5/8) Weigh-in: _____ Target Area Measurement: _____								POINTS Meals ____ Water ____ Exercise ____ Active Life ____ Pounds ____ Inches ____ Encourage ____ TOTAL: ____
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
AM Water								
Breakfast								
Lunch								
Snack								
Dinner								
PM Water								
Exercise								

WEEK 6 (5/9-5/15) Weigh-in: _____ Target Area Measurement: _____								POINTS Meals ____ Water ____ Exercise ____ Active Life ____ Pounds ____ Inches ____ Encourage ____ TOTAL: ____
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
AM Water								
Breakfast								
Lunch								
Snack								
Dinner								
PM Water								
Exercise								
WEEK 7 (5/16-5/22) Weigh-in: _____ Target Area Measurement: _____								POINTS Meals ____ Water ____ Exercise ____ Active Life ____ Pounds ____ Inches ____ Encourage ____ TOTAL: ____
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
AM Water								
Breakfast								
Lunch								
Snack								
Dinner								
PM Water								
Exercise								
WEEK 8 (5/23-5/29) Weigh-in: _____ Target Area Measurement: _____								POINTS Meals ____ Water ____ Exercise ____ Active Life ____ Pounds ____ Inches ____ Encourage ____ TOTAL: ____
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
AM Water								
Breakfast								
Lunch								
Snack								
Dinner								
PM Water								
Exercise								

WEEK 9 (5/30-6/5) Weigh-in: _____ Target Area Measurement: _____								POINTS
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
AM Water								
Breakfast								
Lunch								
Snack								
Dinner								
PM Water								
Exercise								
WEEK 10 (6/6-6/12) Weigh-in: _____ Target Area Measurement: _____								POINTS
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
AM Water								
Breakfast								
Lunch								
Snack								
Dinner								
PM Water								
Exercise								
WEEK 11 (6/13-6/19) Weigh-in: _____ Target Area Measurement: _____								POINTS
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
AM Water								
Breakfast								
Lunch								
Snack								
Dinner								
PM Water								
Exercise								
Final Weigh-in (6/20): _____ Target Area Measurement: _____								

Meals ____
 Water ____
 Exercise ____
 Active Life ____
 Pounds ____
 Inches ____
 Encourage ____
 TOTAL: ____

Meals ____
 Water ____
 Exercise ____
 Active Life ____
 Pounds ____
 Inches ____
 Encourage ____
 TOTAL: ____

Meals ____
 Water ____
 Exercise ____
 Active Life ____
 Pounds ____
 Inches ____
 Encourage ____
 TOTAL: ____