WEEK _____1_____

Points:

1 = Excellent
2 = Good
3 = Average
4 = Lazy
5 = Poor

SAMPLE

Point the Way!

Day	Food	Water	Exercise	Attitude	Points	Honest Assessment of today:	
Monday	1	1	1	1	4	Breakfast: Eggs, protein cakes Lunch: Spinach salad Dinner: Salmon, Quinoa Snacks: Raw nuts, smoothie	Est. Daily Calories 2,400
Spoiler: None							
Tuesday	4	2	5	3	14	Breakfast: Leftover pizza Lunch: Happy Meal Dinner: Kentucky Fried Chx Snacks: Cookies	Est. Daily Calories 3,100
Spoiler: 4 'gluten free' cookies, large slice pizza, caramel apple, can of pop, potato chips (I blew it today!)							
Wednesday						Breakfast: _____ Lunch: _____ Dinner: _____ Snacks: _____	Est. Daily Calories
Spoiler:							
Thursday						Breakfast: _____ Lunch: _____ Dinner: _____ Snacks: _____	Est. Daily Calories
Spoiler:							
Friday						Breakfast: _____ Lunch: _____ Dinner: _____ Snacks: _____	Est. Daily Calories
Spoiler:							
Saturday						Breakfast: _____ Lunch: _____ Dinner: _____ Snacks: _____	Est. Daily Calories
Spoiler:							
Sunday						Breakfast: _____ Lunch: _____ Dinner: _____ Snacks: _____	Est. Daily Calories
Spoiler:							
Category Points						Low points = **Good** High points = **Bad**	

Look for **patterns** in the number of points on any given day of the week. Is there a recurring "bad" day? Also, review your **Spoiler** and **Assessments** to see what it is that might be impeding your success.

Please make copies of this form for **Weeks ONE** through **TEN**

WEEK _____

Points:

◣1◢ = **Excellent**

◣2◢ = **Good**

◣3◢ = **Average**

◣4◢ = **Lazy**

◣5◢ = **Poor**

Point the Way!

Day	Food	Water	Exercise	Attitude	Points	Honest Assessment of today:	
Monday						Breakfast: _____ Lunch: _____ Dinner: _____ Snacks: _____	**Est. Daily Calories**
Spoiler:							
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Look for **patterns** in the number of points on any given day of the week. Is there a recurring "bad" day?
Also, review your **Spoiler** and **Assessments** to see what it is that might be impeding your success.

Please make copies of this form for **Weeks ONE** through **TEN**