

Week of: _____

***Reminder you are sending this sheet EVERY Monday along with last week's points**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast _____	Breakfast _____	Breakfast _____	Breakfast _____	Breakfast _____	Breakfast _____	Breakfast _____
Snack _____	Snack _____	Snack _____	Snack _____	Snack _____	Snack _____	Snack _____
Lunch _____	Lunch _____	Lunch _____	Lunch _____	Lunch _____	Lunch _____	Lunch _____
Snack _____	Snack _____	Snack _____	Snack _____	Snack _____	Snack _____	Snack _____
Dinner _____	Dinner _____	Dinner _____	Dinner _____	Dinner _____	Dinner _____	Dinner _____
Exercise	Exercise	Exercise	Exercise	Exercise	Exercise	Exercise
Weekly Goals:						