



TEAM MEMBER

Name: _____

POINT SYSTEM

One Point Per Task Accomplished

COMPONENTS	WEEK # _____ OF 12							WEEK # _____ OF 12						
	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN
Journal Weekly Tracking Sheet														
X ProteinMeal™ Shakes														
Water (minimum of 64 ounces)														
Breakfast														
Fruit Serving														
Vegetable Serving														
Nutritional Supplement <i>(e.g. MVI, Calcium, Xocai™ Chocolate)</i>														
10,000 Steps on Pedometer														
20 Minutes of Exercise														
DAILY POINTS TOTAL														
WEEKLY POINTS TOTAL														

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DAILY POINTS TOTAL														
WEEKLY POINTS TOTAL														

WEIGHT LOSS PERCENTAGE FORMULA

(Program Start Weight _____ lbs. minus 4 Week End Weight _____ lbs.) divided by Program Start Weight

FOUR WEEK POINTS TOTAL

WEIGHT LOSS PERCENTAGE

FOUR WEEK POINTS +
 WEIGHT LOSS PERCENTAGE =
