



Weekly Tracking & Score Sheet

| Name: | Date: | *Max Points* | Mon | Tues | Wed | Thur | Fri | Sat | Sun | Total Earned | *Total* Allowed |
|--|-------|----------------------|-----|------|-----|------|-----|-----|-----|--------------|-----------------|
| Fit3 Shake (1 scoop = 1 point) | | 14 week/2 day | | | | | | | | | |
| Minutes worked out (15 min moderate activity = 1 point) | | 14 week/3 day | | | | | | | | | |
| Follow the nutrition plan <small>(80%-100% compliance = 2 points, 70%-79% = 1 point) focus on lean protein, healthy fats, complex carbs, vegetables and fruit, avoid processed foods, alcohol and sugar-sweetened drinks, 4-6 smaller meals throughout the day</small> | | 14 week/2 day | | | | | | | | | |
| Drink at least 80 oz. of water | | 7 week/1 day | | | | | | | | | |
| Complete the Challenge Activity (define below) | | 7 week/1 day | | | | | | | | | |
| Bonus Points (2 pts. per day max, each activity worth 1 point) | | 14 week/2 day | | | | | | | | | |
| Try a new recipe/food | | 2 week/1 day | | | | | | | | | |
| Attend group class or do Fit3 workout | | 2 week/1 day | | | | | | | | | |
| Read nutrition/fitness articles | | 2 week/1 day | | | | | | | | | |
| Log all food in journal/daily tracker/app | | 14 week/2 day | | | | | | | | | |
| Post on facebook.com/relivfit3 | | 2 week/1 day | | | | | | | | | |
| Get 7 hours sleep | | 7 week/1 day | | | | | | | | | |
| Total points for the week | | Max. 70 | | | | | | | | | |

Challenge Activity: _____

Comments: _____

Please turn this score sheet in to your Fit3 team leader, a friend or family member by Tuesday of each week. They can help keep you accountable!