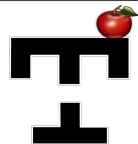


# Weight Loss Challenge!



Weight

Sleep

One  
Plate

No  
Night  
Snack

Water  
Goal

No  
Sugary  
Drinks

10,000  
Steps

Workout

TOTAL  
POINTS

**Monday**

**Tuesday**

**Wednesday**

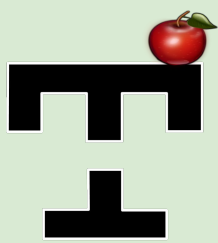
**Thursday**

**Friday**

**Saturday**

**Sunday**

**TOTAL WEEKLY POINTS**



# Weight Loss Challenge!

<b>Weight</b>	<b>Sleep</b>	<b>One Plate</b>	<b>No Night Snack</b>	<b>Water Goal</b>	<b>No Sugary Drinks</b>	<b>10,000 Steps</b>	<b>Workout</b>
Weigh yourself daily. Record the weight.	Get at least 7.5 hours of sleep each night.	No seconds at dinner. Just the one plate.	No snacks after dinner.	Choose a daily water goal. 48-80 oz. depending on need	Water and coffee (no sugar) only.	Get 10,000 steps in day.	Choose your workout. Do it at least a few times each week.
-1 for every pound gained, +1 for every pound lost	+5 if 7.5 hours or more	+3 if you stop at one plate	+2 if you don't snack	+4 for hitting the goal	-3 for every beverage with added sugar	+4 for getting 10,000 or more steps.	+5 for every workout