

# Ready...Set...**LIVE**

TASK:	M	TU	W	TH	F	SA	SU
Review Goals							
Booster Meal							
Breakfast							
Power Snack							
Lunch							
Energy Snack							
Dinner							
3L Water							
Resistance Training							
Cardio Training							
Active for 20+ Minutes (not incl the above car/res trg)							
New Activity (Dance, Zumba, Yoga)							
New Food (Beans, Barley, etc)*							
Supplements**							
6-8 Hours Rest							
Gratitude							
In Contact w/ Acct Partner							
Attended Monday Call (+3)		X	X	X	X	X	X
Attended Event (+5) with Guest (+5)							
Emailed Pts/Weight/Pics		X	X	X	X	X	X
TOTAL FOR DAY							

\*May be multiple points in one day

\*\*Supplements include those products you have chosen to use to enhance your results, such as vitamins, protein, metabolic, fiber, omega 3, etc. One point for ALL (not one point for each product).

Enter your own keys to success in the last 4 boxes to personalize your journey!

TOTAL POINTS FOR WEEK: \_\_\_\_\_

# Points Tracker

TASK:	M	TU	W	TH	F	SA	SU
Review Goals							
Booster Meal							
Breakfast							
Power Snack							
Lunch							
Energy Snack							
Dinner							
3L Water							
Resistance Training							
Cardio Training							
Active for 20+ Minutes (not incl the above car/res trg)							
New Activity (Dance, Zumba, Yoga)							
New Food (Beans, Barley, etc)*							
Supplements**							
6-8 Hours Rest							
Gratitude							
In Contact w/ Acct Partner							
Attended Monday Call (+3)		X	X	X	X	X	X
Attended Event (+5) with Guest (+5)							
Emailed Pts/Weight/Pics		X	X	X	X	X	X
TOTAL FOR DAY							

\*May be multiple points in one day

\*\*Supplements include those products you have chosen to use to enhance your results, such as vitamins, protein, metabolic, fiber, omega 3, etc. One point for ALL (not one point for each product).

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TOTAL POINTS FOR WEEK: \_\_\_\_\_

