

Week Number _____ Lowest challenge weight prior to this week's weigh-in _____

	SUN	MON	TUE	WED	THU	FRI	SAT	Basis for Pts	Pts for Week
Exercised 30 Minutes								20 pts if 6 "Yes" OR 10 pts if 4-5 "Yes"	
Drank 64 oz of Water								15 points if 7 "Yes" Answers	
Two Veggies & a Fruit								15 points if 7 "Yes" Answers	
Encouraged Group or Person								5 points if 7 "Yes" Answers	
Ate Sweets								10 points if 6 "No" Answers	
Drank Alcohol								10 points if 5 "No" Answers	
Category of Week								10 points if completed	
Only checked weight on weigh-in day (5 points)									
Maintenance Points (5 points if within 1 pound of lowest weight in contest OR lower)									
Points for Weight Loss (10 points per whole pound)									
Total									