

**WEEK ONE**

	Aerobic Minutes	Strength Training	Fruit/Veggie Servings	Water Consumption	Bonus Pts.
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
<b>TOTAL</b>					

**Total Points for Week One =****WEEK TWO**

	Aerobic Minutes	Strength Training	Fruit/Veggie Servings	Water Consumption	Bonus Pts.
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
<b>TOTAL</b>					

**Total Points for Week Two =****WEEK THREE**

	Aerobic Minutes	Strength Training	Fruit/Veggie Servings	Water Consumption	Bonus Pts.
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
<b>TOTAL</b>					

**Total Points for Week Three =****WEEK FOUR**

	Aerobic Minutes	Strength Training	Fruit/Veggie Servings	Water Consumption	Bonus Pts.
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
<b>TOTAL</b>					

**Total Points for Week Four =**