



**TEAM MEMBER**

Name: \_\_\_\_\_

**POINT SYSTEM**

*One Point Per Task Accomplished*

COMPONENTS	WEEK # _____ OF 12							WEEK # _____ OF 12						
	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN
Journal Weekly Tracking Sheet														
X ProteinMeal™ Shakes														
Water (minimum of 64 ounces)														
Breakfast														
Fruit Serving														
Vegetable Serving														
Nutritional Supplement <i>(e.g. MVI, Calcium, Xocai™ Chocolate)</i>														
10,000 Steps on Pedometer														
20 Minutes of Exercise														
<b>DAILY POINTS TOTAL</b>														
<b>WEEKLY POINTS TOTAL</b>														

COMPONENTS	WEEK # _____ OF 12							WEEK # _____ OF 12						
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20 Minutes of Exercise														
<b>DAILY POINTS TOTAL</b>														
<b>WEEKLY POINTS TOTAL</b>														

**WEIGHT LOSS PERCENTAGE FORMULA**

(Program Start Weight \_\_\_\_\_ lbs. minus 4 Week End Weight \_\_\_\_\_ lbs.) divided by Program Start Weight

FOUR WEEK POINTS TOTAL

WEIGHT LOSS PERCENTAGE

FOUR WEEK POINTS +  
WEIGHT LOSS PERCENTAGE =
