

Month:				Biggest Loser-Fitness Challenge				Name:			
Day of Month	Sleep for 6-8 Hours	Exercise 30-45 Minutes	Eat 5 Fruits and/or Vegetables	Drink 64oz of Water	Eat 1 home cooked meal	Do 1 Hour of Relaxation or Learning	Take Multi-Vitamin	Walk Outside for 15 Minutes	Consume 25 grams of fiber	Personal Goal _____	Daily Number of Points
1											
2											
3											
4											
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26											
27											
28											
29											
30											
31											
<u>Total # Points</u>											
You get either 0 or 1 point each day for each item.						Monthly Bonus: 2 points for every .1% Weight Loss in Month =					
100 X (_____ Beg Weight - _____ Final Weight) / (_____ Beg Weight) = _____ % Weight Loss									Grand Total # Points		