

May / June Whole30 Challenge



Directions: If a row is completed successfully for the day, you earn one point. You can earn up to 4 points/week for workouts. You can earn max 2 points/week for meal prep.

Nutrition: Staying 100% compliant will earn you 1 point/day

Journal: Completing the daily journal prompt (on the assigned day) will earn you 1 point/per day.

Fasting:

Sleep: Sleeping minimum 7 hours per night will earn you 1 point/day

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total	Monday	Tuesday					
	5/14	5/16	5/17	5/18	5/19	5/20	5/21		5/22	5/23	5/24	5/25	5/26	5/27	5/28		5/29	5/30	5/31	6/1	6/2	6/3	6/4		6/5	6/6					
Stayed Compliant																															
Journal																															
No Eating After Dinner																															
7 hours of sleep																															
Workout (Max 4 points/week)																															
Wkly Meal Prep (2x per week)																															
	Weekly Total								Weekly Total								Weekly Total								Weekly Total						

*Add across → then down ↓ to create weekly total

Complete by 5/14

- Before Pictures
- Weigh In
- Measurements
- Kitchen Cleanout
- Total

What You Should Eat

- Meat, seafood, and eggs
- Lots of Vegetables
- Fruit
- Plenty of natural healthy fats
- Herbs, spices, and seasonings

What to Avoid

- Added sugar (real or artificial)
- Alcohol (even the cooking kind)
- Grains (wheat, rye, oats, barley, quinoa, etc)
- Legumes (soy, corn, peanuts, beans, etc)
- Dairy
- Carrageenan, MSG, or Sulfites
- Baked Goods (even made from compliant ingredients)