

May #800g Challenge

	5/6		5/7	5/8	5/9	5/10	5/11	Weekly Points	Weekly Total	Instructions: Circle your points acquired each day. Tally your points at the end of each week under weekly total. 800g/Day: Circle 4 points if you met 800g or 6 cups that day. Daily WOD: Circle 1 Point if you worked out/went to 4B. Diversity: Circle 2 Points if you ate at least 6 different kinds of fruits/veggies that day. Weekly Item: Circle 1 point if you added in the chosen fruit/veggie of the week that day. Fitness Challenge: Circle 4 points if you completed the weekly fitness challenge. Weekly Total: Add up your points for each week in the Weekly Total section. Name:		
	Sun	Mon	Tue	Wed	Thu	Fri	Sat					
Week 1	800g/Day		4 Points	4 Points	4 Points	4 Points	4 Points	4 Points	Fitness Challenge 4 Points			
	Daily WOD		1 Point	1 Point	1 Point	1 Point	1 Point	1 Point				
	Diversity		2 Points	2 Points	2 Points	2 Points	2 Points	2 Points				
	Weekly Item		1 Point	1 Point	1 Point	1 Point	1 Point	1 Point				
Week 2	5/12		5/13	5/14	5/15	5/16	5/17	5/18			Weekly Total	
	Sun	Mon	Tue	Wed	Thu	Fri	Sat					
	800g/Day	4 Points	4 Points	4 Points	4 Points	4 Points	4 Points	4 Points				Fitness Challenge 4 Points
	Daily WOD	1 Point	1 Point	1 Point	1 Point	1 Point	1 Point	1 Point				
Diversity	2 Points	2 Points	2 Points	2 Points	2 Points	2 Points	2 Points					
Weekly Item	1 Point	1 Point	1 Point	1 Point	1 Point	1 Point	1 Point					
Week 3	5/19		5/20	5/21	5/22	5/23	5/24	5/25		Weekly Total		
	Sun	Mon	Tue	Wed	Thu	Fri	Sat					
	800g/Day	4 Points	4 Points	4 Points	4 Points	4 Points	4 Points	4 Points			Fitness Challenge 4 Points	
	Daily WOD	1 Point	1 Point	1 Point	1 Point	1 Point	1 Point	1 Point				
Diversity	2 Points	2 Points	2 Points	2 Points	2 Points	2 Points	2 Points					
Weekly Item	1 Point	1 Point	1 Point	1 Point	1 Point	1 Point	1 Point					
Week 4	5/26		5/27	5/28	5/29	5/30	5/31	6/1		Weekly Total		
	Sun	Mon	Tue	Wed	Thu	Fri	Sat					
	800g/Day	4 Points	4 Points	4 Points	4 Points	4 Points	4 Points	4 Points			Fitness Challenge 4 Points	
	Daily WOD	1 Point	1 Point	1 Point	1 Point	1 Point	1 Point	1 Point				
Diversity	2 Points	2 Points	2 Points	2 Points	2 Points	2 Points	2 Points					
Weekly Item	1 Point	1 Point	1 Point	1 Point	1 Point	1 Point	1 Point					
Week 5	6/2		6/3							Weekly Total		
	800g/Day	4 Points	4 Points									
	Daily WOD	1 Point	1 Point									
Diversity	2 Points	2 Points										
Weekly Item	1 Point	1 Point										