

**Best Shape of Your life - Individual Point Sheet**

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

Date: \_\_/\_\_/\_\_\_\_ through \_\_/\_\_/\_\_\_\_

	Monday (TOD)	Tuesday (TOD)	Wednesday (TOD)	Thursday (TOD)	Friday (TOD)	Saturday (TOD)	Sunday (TOD)	TOTAL
<b><u>Meals</u></b>								
Breakfast								
Lunch								
Snack								
Dinner								
Snack								
<b><u>Exercise</u></b>								
<b><u>Bonus PTS</u></b>								
64oz Water								
7 hours sleep								
veggie carbs 1/2 of blocks								
post workout meal								
5 meals a day								
5 hours rule								
<b><u>Deductions</u></b>								
Alcohol -5 max								
< 3 grams ETA/DHA								
> 5 block meal								
							<b>Total Points for Week</b>	

(TOD) = Time of Day - Be sure and write down the time of your meals so you can see if you get your extra point for the "no more than 5 hours between meals" rule

Note: you don't have to do the 5 meals a day but if you are following the Zone Principals this is what would work the best as well as score you more points

On the Exercise line just list what you did for the day and at the end of the week figure your point total following the rules in the guideline - (remember running counts)