

18STRONG

DATE

WEEKLY SCORECARD

WEIGH YOURSELF SUNDAY MORNING. CALCULATE PERCENTAGES EVERY SUNDAY BY 5PM.

	MON /	TUES /	WED /	THUR /	FRI /	SAT /	SUN /	TOTAL	CALCULATE %
LEMON WATER (24OZ)								/7	___%
DAILY MOTION DRILLS								/7	___%
STRENGTH WORKOUTS								/	___%
MOVE SESSION								/	___%
BURN SESSION								/	___%
							TOTAL	___ /	___%
ONLY 2-3 MEALS								___ /7	___%
NO SNACKS								___ /7	___%
NO SUGARY DRINKS								___ /7	___%
								___ /7	___%
								___ /7	___%
							TOTAL	___ / ___	___%
# ALCOHOLIC DRINKS								TOTAL # DRINKS	___
								WEIGHT (lbs.)	