

Action Grid

Take action, Get Results!

Week of

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Score |
|------------------------------------------------|-------------------|-------------------|-------------------------|-------------------|-------------------|--------------------|-------------------------|-------|
| Water Drink at least 6 cups a day | | | | | | | | / 7 |
| Eat Breakfast | | | | | | | | / 7 |
| Carbs | Low <100 Carbs | Low <100 Carbs | Normal 200-300 Carbs | Low <100 Carbs | Low <100 Carbs | High Cheat Meal | Normal 200-300 Carbs | / 7 |
| Green Tea Drink at least 1 cup a day | | | | | | | | / 7 |
| Exercise 30 Minutes/Day | | | | | | | | / 7 |
| Strength Train At least 3 times/week | | | | | | | | / 3 |
| No Eating After 630pm | Zzzzz | Zzzzz | Zzzzz | Zzzzz | Zzzzz | Zzzzz | Zzzzz | / 7 |

Measurements

Weight: Friday Morning, before breakfast

Waist: Around your belly button

Hip: Around biggest part of your butt



Instructions: As you complete each task, cross it off. At the end of the week add up your score. Try to get an 85% on each task!