



# 21-DAY POWER YOUR PLATE CHALLENGE

## ••••• WEEK ONE SCORECARD •••••

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>SNACK ATTACK</b> 3 points	_____	_____	_____	_____	_____	_____	_____
<b>BUILD A BETTER BREAKFAST</b> 3 points	_____	_____	_____	_____	_____	_____	_____
<b>WATER ON THE GO</b> 3 points	_____	_____	_____	_____	_____	_____	_____
<b>LIGHTEN UP YOUR CAFFEINE</b> 5 points	_____	_____	_____	_____	_____	_____	_____
<b>BAN THE SCREENS</b> 5 points	_____	_____	_____	_____	_____	_____	_____
<b>WRITE IT OUT</b> 10 points	_____	_____	_____	_____	_____	_____	_____
<b>DEEP FREEZE</b> 10 points	_____	_____	_____	_____	_____	_____	_____
<b>DAILY TOTALS</b>	_____	_____	_____	_____	_____	_____	_____