



21-DAY POWER YOUR PLATE CHALLENGE

WEEK THREE SCORECARD

	MON	TUE	WED	THU	FRI	SAT	SUN
FIBRE SUPERSTARS 3 points	_____	_____	_____	_____	_____	_____	_____
HOLD THE EXTRAS 3 points	_____	_____	_____	_____	_____	_____	_____
SWAP THE SNACK 3 points	_____	_____	_____	_____	_____	_____	_____
GO MEATLESS 5 points	_____	_____	_____	_____	_____	_____	_____
SKIP THE BOOZE 5 points	_____	_____	_____	_____	_____	_____	_____
TAKE IT SLOW 10 points	_____	_____	_____	_____	_____	_____	_____
SERVE IT 10 points	_____	_____	_____	_____	_____	_____	_____
DAILY TOTALS	_____	_____	_____	_____	_____	_____	_____