

SCORE SHEET

| Day | Water | Breakfast | Lunch | Snack | Dinner | Snack | Exercise |
|--------------------|-------|-----------|-------|-------|--------|-------|----------|
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| Scoring Guidelines | | | | | | | |

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|---|--|--------|--|--|--|--|--|
| | | | | | | | |
| You can drink up to 3 cups of coffee in the morning (Sugar substitute ONLY!) | | | | | | | |
| NO SUGAR (The presence of sugar in any of your meals or snacks will result in ZERO score | | | | | | | |
| NO WHITE FLOUR (The presence of white flour in any of your meals or snacks will result in | | | | | | | |
| DO NOT SKIP ANY MEALS OR SNACKS (If you skip a meal or snack, you will receive 0 points | | | | | | | |
| | | | | | | | |
| Water | | Points | | | | | |
| 8 glasses of H2O | | 10 | | | | | |
| 6 glasses of H2O | | 8 | | | | | |
| 4 glasses of H2O | | 6 | | | | | |
| 2 glasses of H2O | | 4 | | | | | |
| 0 glasses of H2O | | 0 | | | | | |
| | | | | | | | |
| Meals | | | | | | | |
| Breakfast | | 15 | | | | | |
| Lunch | | 15 | | | | | |
| Snack | | 15 | | | | | |
| Dinner | | 15 | | | | | |
| Snack | | 15 | | | | | |
| Exercise | | 15 | | | | | |
| | | | | | | | |
| The diet is key to the success of this program. | | | | | | | |
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