**DAILY TALLY ONE WEEK:**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **POINTS goal ~ 14-15/day; 100/week x 10-12 weeks**  | **M** | **T** | **W** | **T** | **F** | **S** | **S** |
| 3 Protein meals (2 should be dairy) Number 1 +1 |  |  |  |  |  |  |  |
| * Number 2 +1
 |  |  |  |  |  |  |  |
| * Number 3 pre-sleep casein protein (by 8 pm) +1
 |  |  |  |  |  |  |  |
| Unsweetened cocoa drinks (10 gm) +1  |  |  |  |  |  |  |  |
| 5 glasses ice water +1 |  |  |  |  |  |  |  |
| 2 cups fresh fruit and 2.5 cups fresh vegetables +2 |  |  |  |  |  |  |  |
| 1 serving mix nuts (almond, walnuts, peanuts) or butter +1 |  |  |  |  |  |  |  |
| Vitamins +1 |  |  |  |  |  |  |  |
| **SKIPPING meal, snack, fruits/veg, or water (-2)** |  |  |  |  |  |  |  |
| **Dietary Indiscretion (a secret!), each (-5)** |  |  |  |  |  |  |  |
| **a)** |  |  |  |  |  |  |  |
| **b)** |  |  |  |  |  |  |  |
| Stretch, mobility routine +1 |  |  |  |  |  |  |  |
| Foam roll session +1  |  |  |  |  |  |  |  |
| Balance exercises or Bosu routine (20 minutes) +2 |  |  |  |  |  |  |  |
| Ankle mobility alphabet +1 |  |  |  |  |  |  |  |
| Strength upper or lower body, no weights +3 |  |  |  |  |  |  |  |
| Strength upper or lower body, with weights +4 |  |  |  |  |  |  |  |
| Active housework/cleaning >1 hour +1 |  |  |  |  |  |  |  |
| Aerobic walking, hiking, and/or cycling 45+ minutes +1 |  |  |  |  |  |  |  |
| Interval walking/cycling 30+ minutes +2 |  |  |  |  |  |  |  |
| Swimming laps 25+ minutes +2 |   |  |  |  |  |  |  |
| Push-ups/dips to exhaustion (goal =50 consecutive) +1 |   |  |  |  |  |  |  |
| **Sitting > 45 minutes continuously (no ‘get-up & move’)** |  |  |  |  |  |  |  |
| * **Morning, (-1)**
 |   |  |  |  |  |  |  |
| * **Afternoon (-1)**
 |  |  |  |  |  |  |  |
| * **Evening (-1)**
 |  |  |  |  |  |  |  |
| Sleep ~ 7.0 - 8 hours: to bed ~ 10:00pm weekdays +1 |  |  |  |  |  |  |  |
| **Sleep: < 7 hours (-2)** |  |  |  |  |  |  |  |
| Clean-up morning (by 9am) +1 |   |  |  |  |  |  |  |
| Clean-up evening +1 |  |  |  |  |  |  |  |
| Journal, puzzle, or read 10 minutes +1  |  |  |  |  |  |  |  |
| Add-on activity |  |  |  |  |  |  |  |
| **TOTAL** |  |  |  |  |  |  |  |