PLANT POINT TRACKER

			• WEEK 1: Ja	anuary 3-9 •				
PLANT POINTS	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
Breakfast								
Lunch								
Dinner								
Snacks								
WELLNESS (3pts/ea)								
No Dairv								1
No Processed Food No Added Sugar								1
No Added Sugar								1
No Alcohol								
5-10min Meditation								
7 hours of sleep								
No food after 8pm								
20min Movement								
TOTALS								
		•	WEEK 2: Jai	nuary 10-16 •				
PLANT POINTS	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
Breakfast								
Lunch								
Dinner								
Snacks								
WELLNESS (3pts/ea)								1
No Dairy								
No Processed Food								
No Processed Food No Added Sugar								
No Alcohol								
5-10min Meditation]
7 hours of sleep								
No food after 8pm								
20min Movement								
TOTALS								

PLANT POINT TRACKER

		•	WEEK 3: Jai	nuary 17-23 •			
PLANT POINTS	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast							
Lunch							
Dinner							
Snacks							
WELLNESS (3pts/ea)							
No Dairy							
No Processed Food							
No Added Sugar							
No Alcohol							
5-10min Meditation							
7 hours of sleep							
No food after 8pm							
20min Movement							
TOTALS							
				nuary 24-30 •			
PLANT POINTS	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast	Cull		140	mou	1114		
Lunch							
Dinner							
Snacks							
WELLNESS (3pts/ea)							
No Dairy							
No Processed Food							
No Added Sugar							
No Alcohol							
5-10min Meditation							
7 hours of sleep							
No food after 8pm							
20min Movement							
TOTALS							