



# PLANT POINT TRACKER

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

<b>• WEEK 4: January 24-30 •</b>							
<b>PLANT POINTS</b>	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast							
Lunch							
Dinner							
Snacks							
<b>WELLNESS (3pts/ea)</b>							
No Dairy							
No Processed Food							
No Added Sugar							
No Alcohol							
5-10min Meditation							
7 hours of sleep							
No food after 8pm							
20min Movement							
<b>TOTALS</b>							