

SixPax Fitness 28-Day Nutrition Challenge

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23					<p>How many points can you get?</p> <p>1 pt. = Each day you log the food you eat</p> <p>1 pt. = Each day you send Stef a picture of your meal</p> <p>2 pts. = Track all meals 7 days in a row</p> <p>3 pts. = Track all meals 14 days in a row</p> <p>4 pts. = Track all meals 21 days in a row</p> <p>5 pts. = Track all meals 28 days in a row</p> <p>5 pts. = Eat 4 servings of fruit in a day</p> <p>5 pts. = Eat 5 servings of veggies in a day</p> <p>6 pts. = Eat 4 servings of fruit & 7 servings of veggies in a day</p> <p>10 pts. = Schedule & attend a Fitness Therapy consult with Stef</p>	



SIXPAX
Fitness