

# I GOT THE POWER

WEEKLY SCORESHEET - WEEK \_\_\_\_\_

1 POINT EARNED/DAY FOR EACH OF THE 5

TOTAL OF 7 POINTS FOR EACH AND GRAND TOTAL OF 35!

WORK  
OUT

M T W Th F Sa Su

30 MINS OR  
MORE/DAY

MENTAL  
HEALTH

M T W Th F Sa Su

5-10 MINS OF  
MINDFULNESS/  
MEDIATION

FASTING

M T W Th F Sa Su

FASTING TIME  
FOR THE WEEK

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DETOX

M T W Th F Sa Su

ELIMINATION OF

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DETOX

M T W Th F Sa Su

AVOID  
ALCOHOL