

Date	Water	Vitamins	30 Min Cardio	6 Veggies	Sleep	Deductions (Max 3 per day)	Daily Total
23-Nov							
24-Nov							
25-Nov							
26-Nov							
27-Nov							
28-Nov							
29-Nov							
30-Nov							
1-Dec							
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27-Dec							
28-Dec							
29-Dec							
30-Dec							
31-Dec							
1-Jan							
Total							
Bonuses from Chiropractic Care if over 125 pts # of visits x 3 points each							
Grand Total							