

WIO BETTER HEALTH CHALLENGE

WEEKLY CHECKLIST



Check off your points daily and enter your weekly total on WIOBetterHealth.com/submitstats by 11:59pm every Sunday.
 Download Phase 1-4 Guide Sheets from WIOBetterHealth.com/resources

#WIOBetterHealth							
	M	T	W	T	F	S	S
Water (1/2 of Body Weight in oz). ex: body weight: 200 lbs = 100 oz water	<input type="radio"/> 8 points	<input type="radio"/> 8 points	<input type="radio"/> 8 points	<input type="radio"/> 8 points	<input type="radio"/> 8 points	<input type="radio"/> 8 points	<input type="radio"/> 8 points
Veggies (Follow FPC Ratio. See Phase1-4 approved list.)	<input type="radio"/> 2 pts Correct Amount for your Phase	<input type="radio"/> 2 pts Correct Amount for your Phase	<input type="radio"/> 2 pts Correct Amount for your Phase	<input type="radio"/> 2 pts Correct Amount for your Phase	<input type="radio"/> 2 pts Correct Amount for your Phase	<input type="radio"/> 2 pts Correct Amount for your Phase	<input type="radio"/> 2 pts Correct Amount for your Phase
Meat (Follow FPC Ratio. See Phase1-4 approved list.)	<input type="radio"/> 2 pts Correct Amount for your Phase	<input type="radio"/> 2 pts Correct Amount for your Phase	<input type="radio"/> 2 pts Correct Amount for your Phase	<input type="radio"/> 2 pts Correct Amount for your Phase	<input type="radio"/> 2 pts Correct Amount for your Phase	<input type="radio"/> 2 pts Correct Amount for your Phase	<input type="radio"/> 2 pts Correct Amount for your Phase
Healthy Fats (Follow FPC Ratio. See Phase1-4 approved list.)	<input type="radio"/> 2 pts Correct Amount for your Phase	<input type="radio"/> 2 pts Correct Amount for your Phase	<input type="radio"/> 2 pts Correct Amount for your Phase	<input type="radio"/> 2 pts Correct Amount for your Phase	<input type="radio"/> 2 pts Correct Amount for your Phase	<input type="radio"/> 2 pts Correct Amount for your Phase	<input type="radio"/> 2 pts Correct Amount for your Phase
WIO MRP™ (3 Servings)	<input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/>
WIO Omega Oil™ (2 pumps per shake)	<input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/>
WIO Hydrate™ (Take 1-2 caps with food; and 1 cap when exercising)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
WIO TrioTrim™ (Use as directed)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
No Soda, Candy, White Rice, or White Flour (No "non WIO" sweets = 3 points)	<input type="radio"/> 3 points	<input type="radio"/> 3 points	<input type="radio"/> 3 points	<input type="radio"/> 3 points	<input type="radio"/> 3 points	<input type="radio"/> 3 points	<input type="radio"/> 3 points
Physical Activity (30 minutes = 3 points)	<input type="radio"/> 3 points	<input type="radio"/> 3 points	<input type="radio"/> 3 points	<input type="radio"/> 3 points	<input type="radio"/> 3 points	<input type="radio"/> 3 points	<input type="radio"/> 3 points
DAILY TOTAL:	___/28	___/28	___/28	___/28	___/28	___/28	___/28

FPC HEALTHY BALANCED RATIO

FATS
118-167
GRAMS

9 calories per gram

PROTEINS
95-135
GRAMS

4 calories per gram

CARBS
60-110
GRAMS

4 calories per gram

* Based on a 2,000 calorie diet

WEEKLY TOTAL: _____ / 196