




WIO BETTER HEALTH CHALLENGE

WEEKLY CHECKLIST

Record your points daily. The higher your points each week, the likelier it is that you'll achieve better health.

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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	8 points	8 points	8 points	8 points	8 points	8 points	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"/>
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"/>
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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	3 points	3 points	3 points	3 points	3 points	3 points	3 points	3 points
Physical Activity (30 minutes = 3 points)		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	3 points	3 points	3 points	3 points	3 points	3 points	3 points	3 points
DAILY TOTAL:	___/28	___/28	___/28	___/28	___/28	___/28	___/28	

FPC HEALTHY BALANCED RATIO

 9 calories per gram	FATS 118-167 GRAMS	 4 calories per gram	PROTEINS 95-135 GRAMS	 4 calories per gram	CARBS 60-110 GRAMS
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* Based on a 2,000 calorie diet

WEEKLY TOTAL: _____ / 196