



21 DAY

NUTRITION KICKSTART

| | SUGAR & ALCOHOL | GRAINS & STARCH | FAKE FOOD | 12-HOUR FAST | WORK OUT | DAILY TOTAL |
|--------|-----------------|-----------------|-----------|--------------|----------|-------------|
| Day 1 | ● | ● | ● | ● | ● | ▬ |
| Day 2 | ● | ● | ● | ● | ● | ▬ |
| Day 3 | ● | ● | ● | ● | ● | ▬ |
| Day 4 | ● | ● | ● | ● | ● | ▬ |
| Day 5 | ● | ● | ● | ● | ● | ▬ |
| Day 6 | ● | ● | ● | ● | ● | ▬ |
| Day 7 | ● | ● | ● | ● | ● | ▬ |
| Day 8 | ● | ● | ● | ● | ● | ▬ |
| Day 9 | ● | ● | ● | ● | ● | ▬ |
| Day 10 | ● | ● | ● | ● | ● | ▬ |
| Day 11 | ● | ● | ● | ● | ● | ▬ |
| Day 12 | ● | ● | ● | ● | ● | ▬ |
| Day 13 | ● | ● | ● | ● | ● | ▬ |
| Day 14 | ● | ● | ● | ● | ● | ▬ |
| Day 15 | ● | ● | ● | ● | ● | ▬ |
| Day 16 | ● | ● | ● | ● | ● | ▬ |
| Day 17 | ● | ● | ● | ● | ● | ▬ |
| Day 18 | ● | ● | ● | ● | ● | ▬ |
| Day 19 | ● | ● | ● | ● | ● | ▬ |
| Day 20 | ● | ● | ● | ● | ● | ▬ |
| Day 21 | ● | ● | ● | ● | ● | ▬ |

MEMBER NAME

TOTAL POINTS

WEAKEST LINK