



21 DAY

NUTRITION KICKSTART

	NO SUGAR OR ALCOHOL	NO GRAINS OR STARCH	NO FAKE FOOD	FAST FOR 12-HOURS	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