Win Today Check List

Use this check list to keep you on track each day.

	Completed? (Enter 0 or 1)						
Action Item	**Mon.**	**Tue.**	**Wed.**	**Thu.**	**Fri.**	**Sat.**	**Sun.**
Had breakfast within 1 hour of waking							
Had a healthy mid-morning snack							
Drank plenty of water (all day long)							
Nailed my scheduled workout							
Did Random Acts of Fitness throughout the day							
Had a healthy mid-afternoon snack							
Controlled my portions at lunch and dinner							
Only had dessert if this was my 1 dessert night							
Went to bed at a set time to line me up for 7 hours							
Total Score							

Win Today Score for the week (Max = 63):

	Completed? (Enter 0 or 1)						
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