



Daily Log

Category **Max Pts** **Pts** **Date:** _____

Vegetables 2pts/serving (palm size)	+ 8		Daily Notes:
Protein 2pts/serving (palm size)	+ 6		
Whole Grains 2pts/serving (palm size)	+ 6		
Nuts & Seeds 1pt/serving (handful)	+ 1		
Healthy Fats 1pt/serving (tbsp)	+ 3		
Fruit 1pt/serving	+ 3		
Water 1pt/serving (8oz)	+ 8		
Fish Oil 1pt/serving (1000mg)	+ 1		
Total Points Achieved			

Bonus Points **Pt #** ✓

For completing a CrossFit WOD	+ 2	
For 7 hours of sleep or more	+ 1	
For 10mins or more of mobility (stretching/recovery)	+ 1	
For spending 20mins or more outside	+ 1	
For logging your points on paper or the excel spreadsheet	+ 1	
Total Daily Points		

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