











# WEEKLY CHECKLIST

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

Follow Phase 1-4 Daily Eating Plans.

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

**FPC HEALTHY BALANCED RATIO**



**FATS**  
118-167  
GRAMS

9 calories per gram



**PROTEINS**  
95-135  
GRAMS

4 calories per gram



**CARBS**  
60-110  
GRAMS

4 calories per gram

\* Based on a 2,000 calorie diet

**WEEKLY TOTAL: \_\_\_\_\_ / 196**