GET READY FOR BLC39!

Friday - Monday

Select 3 goals for your Nutrition Challenge.

Write your goals on the lines and keep track! Remember for this challenge it is only NUTRITION GOALS!

WEC ***Jan. 4 - 7***	**Goal #1** _____	**Goal #2** _____	**Goal #3** _____
FRIDAY	**/10**	**/10**	**/10**
SATURDAY	**/10**	**/10**	**/10**
SUNDAY	**/10**	**/10**	**/10**
MONDAY	**/10**	**/10**	**/10**
	/40	**/40**	**/40**

Total (0/120)

NUTRITION GOAL SUGGESTIONS

Track Every BLT (Bite, Lick, Taste)	**No more than one alcoholic beverage**
Drink 6 - 8 oz glasses of water	**No more than one soda/pop (diet included)**
Eat 5 Freggies - 3 must be veggies	**Try a new recipe or food**
Stay in your calorie/point range	**Stay in your sodium range**
Plan your meals (daily or for the week)	**Stay in your protein range**
Post your CICO	**Stay in your carb range**
Eat at home or HEALTHY choice when out	**Stay in your fat range**
Have at least a -200 differential each day	**Eat planned, healthy snacks only**
Have at least a -500 differential each day	**Eat a healthy breakfast**