



<b>Week 1</b>	<b>Meal Plan (3 pts)</b>	<b>Post Recovery (1 pt)</b>	<b>Exercise (2 pts)</b>	<b>Stress Relief (1 pt)</b>	<b>80 oz Water (1 pt)</b>	<b>6+ Hours Sleep (1 pt)</b>	<b>Omega 3 Supplement (1 pt)</b>
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

<b>Week 2</b>	<b>Meal Plan (3 pts)</b>	<b>Post Recovery (1 pt)</b>	<b>Exercise (2 pts)</b>	<b>Stress Relief (1 pt)</b>	<b>80 oz Water (1 pt)</b>	<b>6+ Hours Sleep (1 pt)</b>	<b>Omega 3 Supplement (1 pt)</b>
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							



<b>Week 3</b>	<b>Meal Plan (3 pts)</b>	<b>Post Recovery (1 pt)</b>	<b>Exercise (2 pts)</b>	<b>Stress Relief (1 pt)</b>	<b>80 oz Water (1 pt)</b>	<b>6+ Hours Sleep (1 pt)</b>	<b>Omega 3 Supplement (1 pt)</b>
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

<b>Week 4</b>	<b>Meal Plan (3 pts)</b>	<b>Post Recovery (1 pt)</b>	<b>Exercise (2 pts)</b>	<b>Stress Relief (1 pt)</b>	<b>80 oz Water (1 pt)</b>	<b>6+ Hours Sleep (1 pt)</b>	<b>Omega 3 Supplement (1 pt)</b>
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							