**NAME:**

**WEEK #:**

**WEEKLY SCORE SHEET**

(Sunday is a day “off” of the challenge but we still recommend you stick to the plan to get the best results on your follow up scan!)

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | MON | TUES | WED | THURS | FRI | SAT | TOTAL |
| DAILY (1pt / ✔) |  |  |  |  |  |  | /6 |
| BONUS (.5 pt / ✔) |  |  |  |  |  |  | /3 |
| AB(3 ✔ = 3 pts)(5 ✔ = 4 pts) |  |  |  |  |  |  | /4 |
| MOBILITY(2 ✔ = 1 pts)(4 ✔ = 2 pts) |  |  |  |  |  |  | /2 |
| TOTAL WEEKLYSCORE |  |  |  |  |  |  | /15 |