

## Six Pack Six Scorecard

**Instructions:** Each week, fill in the days and points you earn for each action item. At the end of the week, add up your daily totals.  
 You earn 1 point per day for an action in the daily six, and 5 points when an item in the weekly six is completed.

Name: \_\_\_\_\_

Week of \_\_\_\_\_

|              |                       | Daily Six                |                          |                          |                          |                          |                          |                          | Weekly Six          |                          |                          |
|--------------|-----------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|---------------------|--------------------------|--------------------------|
|              |                       | Mon                      | Tue                      | Wed                      | Thu                      | Fri                      | Sat                      | Sun                      |                     |                          |                          |
| 1            | Eat every 2-3 hrs.(1) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Plan Meals (5)      | <input type="checkbox"/> |                          |
| 2            | Protein/Vegetable (1) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Prepare Meals (5)   | <input type="checkbox"/> |                          |
| 3            | Training (1)          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Personal Record (5) | <input type="checkbox"/> |                          |
| 4            | Review Goals (1)      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Read Newsletter (5) | <input type="checkbox"/> |                          |
| 5            | Log Food Journal (1)  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Try A New Food (5)  | <input type="checkbox"/> |                          |
| 6            | Take Multivitamin (1) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Share Progress (5)  | <input type="checkbox"/> |                          |
| Daily Total: |                       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Weekly Total:       | <input type="checkbox"/> |                          |
|              |                       |                          |                          |                          |                          |                          |                          |                          | ---                 | +                        | <input type="checkbox"/> |
|              |                       |                          |                          |                          |                          |                          |                          |                          | -->>>               | =                        | <input type="checkbox"/> |
|              |                       |                          |                          |                          |                          |                          |                          |                          | daily total         |                          | <input type="checkbox"/> |
|              |                       |                          |                          |                          |                          |                          |                          |                          |                     |                          | <input type="checkbox"/> |

**Total Fit Figure Six Points for Week: \_\_\_\_\_/72**