

Name:

Week of:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total per category
Food log points: 0 - 4 points based on compliance with Paleo diet								
Fish oil + D3 1 point for compliance								
8 + hours sleep 1 point for compliance								
CrossFit WOD 1 point for participation								
Total Points For Day								

Day	Please give a brief description of non Paleo food items that resulted in a loss of points
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	