

Each assignment has equal value, one assignment has one point.

### Point Schedule

January	Day	IP1	IP2	IJ	AOC	Scale	BP	
3	1	*	*	*		*	*	
4	2	*	*	*				
5	3	*	*	*	*			
6	4	*	*	*				
7	5	*	*	*				
8	6	*	*	*	*			
9	7	*	*	*				
10	8	*	*	*				
11 Saturday	9	*	*	*	*	*		
12	10	*	*	*				
13	11	*	*	*				
14	12	*	*	*	*			
15	13	*	*	*				
16	14	*	*	*				
17	15	5 IPs Due over this 7 day period. BUT only one IP a day gets a point. Don't procrastinate and post 3 in one day trying to catch up, only one point given per day.		5 IPs Due over this 7 days. BUT only one IP a day gets a point.	*			
18 Saturday	16					*		
19	17							
20	18					*		
21	19							
22	20							
23	21					*		
24	22	5 IPs Due over this 7 day period. BUT only one IP a day gets a point. Don't procrastinate and post 3 in one day trying to catch up, only one point given per day.		5 IPs Due over this 7 days. BUT only one IP a day gets a point.				
25 Saturday	23					*		
26	24					*		
27	25							

28	26						
29	27			*			
30	28						
	IP = Intake Picture/Food Picture: picture of a meal, or meal replacement, or hydration means if fasting.						
	AOC = Activity of Change: spend 20 minutes doing something different that can help you become a more well rounded healthful person. Walk, listen to a book, podcast. It should not be an activity you have already incorporated routinely. PLUS your post should include a quick summary of what you did +/- how it is going to help you change.						
	IJ: intake journal. This can be very simply writing what you eat on a paper. HOWEVER those who use an app that can monitor calories or macros can get more especially later on if they hit a plateau, as we can really dive into what they have been eating. We can't do this when the journal is notes, with no real monitoring of serving size.						
	Bonus rewards goal: 68 of 80						

“\*” is the indication the assignment is due on that day, see below for specific timing, see below for timing.

“IP” represents Intake Pictures, otherwise known as “Food Photo.”

“Pic” = picture

February	Day	IP1	IP2	IJ	AOC	Scale	BP	
31	1	*	*	*				
1 (S)	2	*	*	*		*		
2	3	*	*	*	*			
3	4	*	*	*				
4	5	*	*	*				
5	6	*	*	*	*			
6	7	*	*	*				
7	8	*	*	*				
8 (S)	9	*	*	*	*	*		

9	10	*	*	*						
10	11	*	*	*						
11	12	*	*	*	*					
12	13	*	*	*						
13	14	*	*	*						
14	15	5 IPs Due over this 7 day period. BUT only one IP a day gets a point. Don't procrastinate and post 3 in one day trying to catch up, only one point given per day.		5 IPs Due over this 7 days. BUT only one IP a day gets a point.		*				
15 (S)	16						*			
16	17									
17	18					*				
18	19									
19	20									
20	21					*				
21	22	5 IPs Due over this 7 day period. BUT only one IP a day gets a point. Don't procrastinate and post 3 in one day trying to catch up, only one point given per day.		5 IPs Due over this 7 days. BUT only one IP a day gets a point.						
22 (S)	23						*			
23	24					*				
24	25									
25	26									
26	27					*				
27	28									
		IP = Intake Picture/Food Picture: picture of a meal, or meal replacement, or hydration means if fasting.								
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	<p>IJ: intake journal. This can be very simply writing what you eat on a paper. HOWEVER those who use an app that can monitor calories or macros can get more especially later on if they hit a plateau, as we can really dive into what they have been eating. We can't do this when the journal is notes, with no real monitoring of serving size.</p>
	Bonus rewards goal: 67 of 79

March	Day	IP1	IP2	IJ	AOC	Scale	BP		
28	1	*	*	*					
29	2	*	*	*		*			
1	3	*	*	*	*				
2	4	*	*	*					
3	5	*	*	*					
4	6	*	*	*	*				
5	7	*	*	*					
6	8	*	*	*					
7	9	*	*	*	*	*			
8	10	*	*	*					
9	11	*	*	*					
10	12	*	*	*	*				
11	13	*	*	*					
12	14	*	*	*					
13	15	5 IPs Due over this 7 day period. BUT only one IP a day gets a point. Don't procrastinate and post 3 in one day trying to catch up, only one point given per day.		5 IPs Due over this 7 days. BUT only one IP a day gets a point.		*			
14	16						*		
15	17								
16	18					*			
17	19								
18	20								
19	21					*			
20	22	5 IPs Due over this 7 day period. BUT only one IP a day gets a		5 IPs Due over this 7 days. BUT only one IP a					

21	23	point. Don't procrastinate and post 3 in one day trying to catch up, only one point given per day.	day gets a point.		*		
22	24			*			
23	25						
24	26						
25	27			*			
26	28						
<b>Total</b>				38	24	9	4
	IP = Intake Picture/Food Picture: picture of a meal, or meal replacement, or hydration means if fasting.						
	AOC = Activity of Change: spend 20 minutes doing something different that can help you become a more well rounded healthful person. Walk, listen to a book, podcast. It should not be an activity you have already incorporated routinely. PLUS your post should include a quick summary of what you did +/- how it is going to help you change.						
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	Bonus rewards goal: 67 of 79						

### **Body Picture:**

Due by **midnight** on the due date.

Must be clothed: tight fitting, or workout apparel. No underwear, and nothing that show the abdominal area (ie no crop tops or sports bra pictures).

For privacy your privacy reason you may text your picture straight to the Coach.

### **Scale Picture:**

Due by **midnight** on the due day. Be Careful to not have a naked reflection in the scale.

### **Food Journals:**

Due by **midnight** on that day. This can be a screen shot, a picture...just something to report in everything you ate during the day in one single post. Reporting all day in several different posts will not count.

### **Food Photo's Also Known as Intake Pictures**

IP1 is due by 3pm your times zone

IP2 is due by midnight, your time zone.

Post a simple photograph of a your larger meals, or “eating episode” for anyone on any sort of nutritional method. If you are fasting, this picture should be of what you are using to stay hydrated (eg water, tea, broth) and/or what you are taking to supplement (eg vitamins).

### **Activity of Change:**

Due by **midnight** on that day. This can be any activity that can help you on your path towards changing towards a healthier lifestyle. Examples:

- Listen to a podcast(about nutrition, behavior, stress, etc): then post a summary in the Group explaining something you learned.
- Exercise: at least 20 minutes, and then post what you did, how it made you felt both before and after
- Read a book, or listen to a book on tape: read or listen to/for 20 minutes, and then post what you learned.
- 20 minutes of meditation: post about it, was it easy? Was it hard?
- Read a scientific article and post about it.
- Anything that takes at least 20 minutes of effort, and post about it.

### **AND**

- Post a short summary of how you activity affected you, or how you live, or what you learned.