

Scoring System:

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1 point for drinking at least 2.5 litres of water							
Or 2 points for drinking between 2.5 and 5 litres							
Minus 1 point for each alcoholic drink							
1 point for staying below the coffee/tea limit							
Minus 1/2 a point for every tea or coffee that was sweetened							
1 point for having at least 5 veg and fruits							
Or 2 points for reaching 7 or more veg and fruits							
2 points for completing Toning or Strength workout							
2 points for completing Cardio workout							
Bonus point if you scored 7 or more for the day							
Daily Total, maximum 10 points for each day							