CMR Healing Arts

My Self Care Scorecard

28 Day Clean Eating Program & Healthy Lifestyle Challenge

Day	Water: 8-10 Cups, Aprox. 80 oz	Sleep 7-9 Hours	Fruits/Veggies: 8 Sevings, 4 Cups	Pysical Activity: 30 Minutes	Added Sugar: < 24 Grams, 6 TSP	Self Care Activity/or Class	Add	Add/Remove	Bonus Points: Bonus Add/Remove	Bonus Add/Remove	Healing Session (3 Max)	**Daily Point Totals**
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												
11												
12												
13												
14												
15												
16												
17												
18												
19												
20												
21												
22												
23												
24												
25												
26												
27												
28												
Totals												

Each √ = 1 Point (224 Max)

Each √ = 1 Point (59 Max)

Total Max = 283 Points

Name:	Session Dates:	% Percentage Goal:

christen@christenresmo.com call or text 303-810-8594