

FGF Eats Real Food

Each week you will focus on consuming your gram total (working up to 800g), and 100oz of water. Other opportunities for points will come from a 30+ minute workout and a bonus opportunity to apply each day.

Gram Total = 5 Points

Water Goal = 3 Points

30+ Min. Workout = 2 Points

BONUS = 5 Points



#FGFEatsRealFood

WK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Weekly Points Accumulated
1	<input type="checkbox"/> 500g <input type="checkbox"/> 100oz Water <input type="checkbox"/> Workout	<input type="checkbox"/> 500g <input type="checkbox"/> 100oz Water <input type="checkbox"/> Workout	<input type="checkbox"/> 500g <input type="checkbox"/> 100oz Water <input type="checkbox"/> Workout	<input type="checkbox"/> 500g <input type="checkbox"/> 100oz Water <input type="checkbox"/> Workout	<input type="checkbox"/> 500g <input type="checkbox"/> 100oz Water <input type="checkbox"/> Workout	<input type="checkbox"/> 500g <input type="checkbox"/> 100oz Water <input type="checkbox"/> Workout	<input type="checkbox"/> 500g <input type="checkbox"/> 100oz Water <input type="checkbox"/> Workout	
2	<input type="checkbox"/> 600g <input type="checkbox"/> 100oz Water <input type="checkbox"/> Workout <input type="checkbox"/> Bonus:	<input type="checkbox"/> 600g <input type="checkbox"/> 100oz Water <input type="checkbox"/> Workout <input type="checkbox"/> Bonus	<input type="checkbox"/> 600g <input type="checkbox"/> 100oz Water <input type="checkbox"/> Workout <input type="checkbox"/> Bonus	<input type="checkbox"/> 600g <input type="checkbox"/> 100oz Water <input type="checkbox"/> Workout <input type="checkbox"/> Bonus	<input type="checkbox"/> 600g <input type="checkbox"/> 100oz Water <input type="checkbox"/> Workout <input type="checkbox"/> Bonus	<input type="checkbox"/> 600g <input type="checkbox"/> 100oz Water <input type="checkbox"/> Workout <input type="checkbox"/> Bonus	<input type="checkbox"/> 600g <input type="checkbox"/> 100oz Water <input type="checkbox"/> Workout <input type="checkbox"/> Bonus	
3	<input type="checkbox"/> 700g <input type="checkbox"/> 100oz Water <input type="checkbox"/> Workout <input type="checkbox"/> Bonus	<input type="checkbox"/> 700g <input type="checkbox"/> 100oz Water <input type="checkbox"/> Workout <input type="checkbox"/> Bonus	<input type="checkbox"/> 700g <input type="checkbox"/> 100oz Water <input type="checkbox"/> Workout <input type="checkbox"/> Bonus	<input type="checkbox"/> 700g <input type="checkbox"/> 100oz Water <input type="checkbox"/> Workout <input type="checkbox"/> Bonus	<input type="checkbox"/> 700g <input type="checkbox"/> 100oz Water <input type="checkbox"/> Workout <input type="checkbox"/> Bonus	<input type="checkbox"/> 700g <input type="checkbox"/> 100oz Water <input type="checkbox"/> Workout <input type="checkbox"/> Bonus	<input type="checkbox"/> 700g <input type="checkbox"/> 100oz Water <input type="checkbox"/> Workout <input type="checkbox"/> Bonus	
4	<input type="checkbox"/> 800g <input type="checkbox"/> 100oz Water <input type="checkbox"/> Workout <input type="checkbox"/> Bonus	<input type="checkbox"/> 800g <input type="checkbox"/> 100oz Water <input type="checkbox"/> Workout <input type="checkbox"/> Bonus	<input type="checkbox"/> 800g <input type="checkbox"/> 100oz Water <input type="checkbox"/> Workout <input type="checkbox"/> Bonus	<input type="checkbox"/> 800g <input type="checkbox"/> 100oz Water <input type="checkbox"/> Workout <input type="checkbox"/> Bonus	<input type="checkbox"/> 800g <input type="checkbox"/> 100oz Water <input type="checkbox"/> Workout <input type="checkbox"/> Bonus	<input type="checkbox"/> 800g <input type="checkbox"/> 100oz Water <input type="checkbox"/> Workout <input type="checkbox"/> Bonus	<input type="checkbox"/> 800g <input type="checkbox"/> 100oz Water <input type="checkbox"/> Workout <input type="checkbox"/> Bonus	
5	<input type="checkbox"/> 800g <input type="checkbox"/> 100oz Water <input type="checkbox"/> Workout <input type="checkbox"/> Bonus	<input type="checkbox"/> 800g <input type="checkbox"/> 100oz Water <input type="checkbox"/> Workout <input type="checkbox"/> Bonus	<input type="checkbox"/> 800g <input type="checkbox"/> 100oz Water <input type="checkbox"/> Workout <input type="checkbox"/> Bonus	<input type="checkbox"/> 800g <input type="checkbox"/> 100oz Water <input type="checkbox"/> Workout <input type="checkbox"/> Bonus	<input type="checkbox"/> 800g <input type="checkbox"/> 100oz Water <input type="checkbox"/> Workout <input type="checkbox"/> Bonus	<input type="checkbox"/> 800g <input type="checkbox"/> 100oz Water <input type="checkbox"/> Workout <input type="checkbox"/> Bonus	<input type="checkbox"/> 800g <input type="checkbox"/> 100oz Water <input type="checkbox"/> Workout <input type="checkbox"/> Bonus	
6	<input type="checkbox"/> 800g <input type="checkbox"/> 100oz Water <input type="checkbox"/> Workout <input type="checkbox"/> Bonus	<input type="checkbox"/> 800g <input type="checkbox"/> 100oz Water <input type="checkbox"/> Workout <input type="checkbox"/> Bonus	<input type="checkbox"/> 800g <input type="checkbox"/> 100oz Water <input type="checkbox"/> Workout <input type="checkbox"/> Bonus	<input type="checkbox"/> 800g <input type="checkbox"/> 100oz Water <input type="checkbox"/> Workout <input type="checkbox"/> Bonus	<input type="checkbox"/> 800g <input type="checkbox"/> 100oz Water <input type="checkbox"/> Workout <input type="checkbox"/> Bonus	<input type="checkbox"/> 800g <input type="checkbox"/> 100oz Water <input type="checkbox"/> Workout <input type="checkbox"/> Bonus	<input type="checkbox"/> 800g <input type="checkbox"/> 100oz Water <input type="checkbox"/> Workout <input type="checkbox"/> Bonus	

Total Points Accumulated: