# White OUT/Weight DOWN

#### Registration Form

Directions: Mark which program you are participating in. Feel free to choose one or both programs! Fill out this form and turn it in to One Stop Wellness. Weigh-ins will be every Thursday and weekly tips will be provided to help support your journey!  Name:
Please check White OUT or Weight DOWN or both!
White OUT (You will receive a point for successfully replacing an unhealthy starch with a healthier choice or for simply cutting out an unhealthy starch)
Start Date://
End Date://
Weight DOWN (You will receive a point for every pound lost)
Date of weigh in:// Start weight:

End weight:

Difference:\_\_\_\_

Date of weigh out:\_\_/\_\_/\_\_

### Weekly Weight DOWN Log

Week 1: Date	Weight
Week 2: Date	Weight
Week 3: Date	Weight
Week 4: Date	Weight
Week 5: Date	Weight
Week 6: Date	Weight
Week 7: Date	Weight
Week 8: Date	Weight
Total pounds lost	Total points gained

#### Recommended sites and Smart Phone Apps

These may aid in your weight loss.

Pick a plan and stick with it!

www.livestrong.com www.mynetdiary.com www.myfitnesspall.com

## Weekly White OUTLog

Day 1: White starch I quit/replaced for Breakfast	, Lunch	, Dinner
Day 2: White starch I quit/replaced for Breakfast	, Lunch	, Dinner
Day 3: White starch I quit/replaced for Breakfast	, Lunch	, Dinner
Day 4: White starch I quit/replaced for Breakfast	, Lunch	, Dinner
Day 5: White starch I quit/replaced for Breakfast	, Lunch	, Dinner
Day 6: White starch I quit/replaced for Breakfast	, Lunch	, Dinner
Day 7: White starch I quit/replaced for Breakfast	, Lunch	, Dinner
End of Week 1 Total:		
Day 1: White starch I quit/replaced for Breakfast	, Lunch	, Dinner
Day 2: White starch I quit/replaced for Breakfast	, Lunch	, Dinner
Day 3: White starch I quit/replaced for Breakfast	, Lunch	, Dinner
Day 4: White starch I quit/replaced for Breakfast	, Lunch	, Dinner
Day 5: White starch I quit/replaced for Breakfast	, Lunch	, Dinner
Day 6: White starch I quit/replaced for Breakfast	, Lunch	, Dinner
Day 7: White starch I quit/replaced for Breakfast	, Lunch	, Dinner
End of Week 2 Total:		
Day 1: White starch I quit/replaced for Breakfast	, Lunch	, Dinner
Day 2: White starch I quit/replaced for Breakfast	, Lunch	, Dinner
Day 3: White starch I quit/replaced for Breakfast	, Lunch	, Dinner
Day 4: White starch I quit/replaced for Breakfast	, Lunch	, Dinner
Day 5: White starch I quit/replaced for Breakfast	, Lunch	, Dinner
Day 6: White starch I quit/replaced for Breakfast	, Lunch	, Dinner
Day 7: White starch I quit/replaced for Breakfast	, Lunch	, Dinner
End of Week 3 Total:		
Day 1: White starch I quit/replaced for Breakfast	, Lunch	, Dinner
Day 2: White starch I quit/replaced for Breakfast		
Day 3: White starch I quit/replaced for Breakfast		
Day 4: White starch I quit/replaced for Breakfast		
Day 5: White starch I quit/replaced for Breakfast	, Lunch	, Dinner
Day 6: White starch I quit/replaced for Breakfast		
Day 7: White starch I quit/replaced for Breakfast	, Lunch	, Dinner
End of Week 4 Total:		
Notes:		

## Weekly White OUTLog

Day 1: White starch I quit/replaced for Breakfast	, Lunch	, Dinner
Day 2: White starch I quit/replaced for Breakfast	, Lunch	, Dinner
Day 3: White starch I quit/replaced for Breakfast	, Lunch	, Dinner
Day 4: White starch I quit/replaced for Breakfast	, Lunch	, Dinner
Day 5: White starch I quit/replaced for Breakfast	, Lunch	, Dinner
Day 6: White starch I quit/replaced for Breakfast	, Lunch	, Dinner
Day 7: White starch I quit/replaced for Breakfast	, Lunch	, Dinner
End of Week 5 Total:		
Day 1: White starch I quit/replaced for Breakfast	, Lunch	, Dinner
Day 2: White starch I quit/replaced for Breakfast	, Lunch	, Dinner
Day 3: White starch I quit/replaced for Breakfast	, Lunch	, Dinner
Day 4: White starch I quit/replaced for Breakfast	, Lunch	, Dinner
Day 5: White starch I quit/replaced for Breakfast	, Lunch	, Dinner
Day 6: White starch I quit/replaced for Breakfast	, Lunch	, Dinner
Day 7: White starch I quit/replaced for Breakfast	, Lunch	, Dinner
End of Week 6 Total:		
Day 1: White starch I quit/replaced for Breakfast	, Lunch	, Dinner
Day 2: White starch I quit/replaced for Breakfast	, Lunch	, Dinner
Day 3: White starch I quit/replaced for Breakfast	, Lunch	, Dinner
Day 4: White starch I quit/replaced for Breakfast	, Lunch	, Dinner
Day 5: White starch I quit/replaced for Breakfast	, Lunch	, Dinner
Day 6: White starch I quit/replaced for Breakfast	, Lunch	, Dinner
Day 7: White starch I quit/replaced for Breakfast	, Lunch	, Dinner
End of Week 7 Total:		
Day 1: White starch I quit/replaced for Breakfast	, Lunch	, Dinner
Day 2: White starch I quit/replaced for Breakfast	, Lunch	, Dinner
Day 3: White starch I quit/replaced for Breakfast	, Lunch	, Dinner
Day 4: White starch I quit/replaced for Breakfast		
Day 5: White starch I quit/replaced for Breakfast	, Lunch	, Dinner
Day 6: White starch I quit/replaced for Breakfast	, Lunch	, Dinner
Day 7: White starch I quit/replaced for Breakfast	, Lunch	, Dinner
End of Week 8 Total:		
Notes:		