

Seven Day Challenge Report Card



You just discovered that you have some kind of allergy to an unknown preservative. Since you aren't able to isolate what it is exactly, you now need to avoid ALL preservatives and start cooking all of your food from scratch. This includes making a loaf of bread. Remember, no going to the store.

Daily Score Card

Question	Score
Did you read today's challenge? (1 point yes, 0 points no)	
Did you complete today's tasks? (10 points for all, 5 points for some, 0 points for none)	
Did you follow all of the limitations? (-1 point for each one you cheated on)	
Did you do the advanced options? (3 points for yes, 0 points for no)	
Did you share your thoughts, experiences, pictures, or videos on Facebook or in blog comments? (2 points yes, 0 points no)	
Did you fill out the "Need to Buy" and "Need to Do/Learn" Sections? (2 point yes, 0 points no)	
Did you discuss ways to improve with your family members? (2 point yes, 0 points no)	
TOTAL SCORE FOR TODAY (out of 20)	

Daily Notes

Need to Buy:

Need to Do/Learn:
