SUBJECT: Midweek Summary is Due

Data May be Sent to
HealthierTogether@BaptistMilestone.com

Please include the following information in your voicemail or email:

Your Name:

Your Class Day and Time:

3-day total # of HMR Shakes (including HMR /Multigrain Cereal)	
3-day total # of HMR Entrees	
3-day total all HMR Foods	
3-day total of vegetables/fruits	
# of days you met your 3+2+5 minimums	
# of days you were "In the Box"	
3-day total of PA calories	
Confirm attendance on next Call (Y/N)	