



Weekly Tracking Sheet

- The Challenge begins January 8th at Legend Fit Gym
- Participants may earn up to 45 points a week
- Please use the a new tracking sheet each week
- Submit your weekly score by noon Monday each week
- Submit your scores to Fred@Legendrace.com

FRIEND						SOCIAL MEDIA														
Bring a friend to Legend Fit <ul style="list-style-type: none"> • Bring a friend to Legend Fit • The friend must be new to Legend Fit 						Check In to Legend Fit on Facebook <ul style="list-style-type: none"> • Check-In on our facebook page 														
<i>Each Day = 1 Point</i>						<i>Each Day = 1 Point</i>														
MON	TUE	WED	THU	FRI	SAT	MON	TUE	WED	THU	FRI	SAT									
NUTRITION			DETOX			TRAINING			LIFESTYLE											
Eat 3 balanced meals a day <ul style="list-style-type: none"> • Each meal must include a lean protein, vegetable, a healthy fat and water • See the nutrition resources for guidance 			Avoid Sugar, Alcohol, Dairy <ul style="list-style-type: none"> • The goal is to avoid sugar, alcohol and dairy during the challenge 			Train a minimum of 4 times a week <ul style="list-style-type: none"> • The goal during the challenge is to workout a minimum of 4 times a week • Rest on Sunday 			Complete One Daily <ul style="list-style-type: none"> • Stretch for 10 minutes • Walk for 20 minutes 											
<i>Each Day = 1 Point</i>			<i>Each Day = 1 Point</i>			<i>Each Day = 2 Points</i>			<i>Each Day = 1 Point</i>											
MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN
Total Points =																				