

PARAGON BODY FITNESS CHALLENGE



Use this sheet to track all of your activity, attendance for classes, and health data during the challenge! Please print this sheet out and take it to class each day. We will turn these in at the end of the challenge.

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Daily Activity</p> <p><input type="radio"/> 20 pushups a day</p> <p><input type="radio"/> 20 squats a day</p> <p><input type="radio"/> 20 crunches a day</p>	<p>Daily Activity</p> <p><input type="radio"/> 20 pushups a day</p> <p><input type="radio"/> 20 squats a day</p> <p><input type="radio"/> 20 crunches a day</p>	<p>Daily Activity</p> <p><input type="radio"/> 20 pushups a day</p> <p><input type="radio"/> 20 squats a day</p> <p><input type="radio"/> 20 crunches a day</p>	<p>Daily Activity</p> <p><input type="radio"/> 20 pushups a day</p> <p><input type="radio"/> 20 squats a day</p> <p><input type="radio"/> 20 crunches a day</p>	<p>Daily Activity</p> <p><input type="radio"/> 20 pushups a day</p> <p><input type="radio"/> 20 squats a day</p> <p><input type="radio"/> 20 crunches a day</p>
<p>Food Log</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Food Log</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Food Log</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Food Log</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Food Log</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p>Sleep</p> <p>_____</p>	<p>Sleep</p> <p>_____</p>	<p>Sleep</p> <p>_____</p>	<p>Sleep</p> <p>_____</p>	<p>Sleep</p> <p>_____</p>
<p>Water Intake</p> <p>_____</p>	<p>Water Intake</p> <p>_____</p>	<p>Water Intake</p> <p>_____</p>	<p>Water Intake</p> <p>_____</p>	<p>Water Intake</p> <p>_____</p>
<p>Attendance sign off with instructor:</p> <p>_____</p>	<p>Attendance sign off with instructor:</p> <p>_____</p>	<p>Attendance sign off with instructor:</p> <p>_____</p>	<p>Attendance sign off with instructor:</p> <p>_____</p>	<p>Attendance sign off with instructor:</p> <p>_____</p>
<p>Take 2 mins a day to breathe and focus on your intentions</p>		<p>Who did you bring to class this month?</p>		

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Week 2

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<p>Daily Activity</p> <p><input type="radio"/> 20 pushups a day</p> <p><input type="radio"/> 20 squats a day</p> <p><input type="radio"/> 20 crunches a day</p>	<p>Daily Activity</p> <p><input type="radio"/> 20 pushups a day</p> <p><input type="radio"/> 20 squats a day</p> <p><input type="radio"/> 20 crunches a day</p>	<p>Daily Activity</p> <p><input type="radio"/> 20 pushups a day</p> <p><input type="radio"/> 20 squats a day</p> <p><input type="radio"/> 20 crunches a day</p>	<p>Daily Activity</p> <p><input type="radio"/> 20 pushups a day</p> <p><input type="radio"/> 20 squats a day</p> <p><input type="radio"/> 20 crunches a day</p>	<p>Daily Activity</p> <p><input type="radio"/> 20 pushups a day</p> <p><input type="radio"/> 20 squats a day</p> <p><input type="radio"/> 20 crunches a day</p>
<p>Food Log</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Food Log</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Food Log</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Food Log</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Food Log</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>Sleep</p> <hr/> <hr/> <hr/> <hr/>	<p>Sleep</p> <hr/> <hr/> <hr/> <hr/>	<p>Sleep</p> <hr/> <hr/> <hr/> <hr/>	<p>Sleep</p> <hr/> <hr/> <hr/> <hr/>	<p>Sleep</p> <hr/> <hr/> <hr/> <hr/>
<p>Water Intake</p> <hr/> <hr/> <hr/> <hr/>	<p>Water Intake</p> <hr/> <hr/> <hr/> <hr/>	<p>Water Intake</p> <hr/> <hr/> <hr/> <hr/>	<p>Water Intake</p> <hr/> <hr/> <hr/> <hr/>	<p>Water Intake</p> <hr/> <hr/> <hr/> <hr/>
<p>Instructor Signature</p> <hr/> <hr/> <hr/> <hr/>	<p>Instructor Signature</p> <hr/> <hr/> <hr/> <hr/>	<p>Instructor Signature</p> <hr/> <hr/> <hr/> <hr/>	<p>Instructor Signature</p> <hr/> <hr/> <hr/> <hr/>	<p>Instructor Signature</p> <hr/> <hr/> <hr/> <hr/>

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<p>Food Log</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Food Log</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Food Log</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Food Log</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Food Log</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>Sleep</p> <hr/> <hr/> <hr/> <hr/>	<p>Sleep</p> <hr/> <hr/> <hr/> <hr/>	<p>Sleep</p> <hr/> <hr/> <hr/> <hr/>	<p>Sleep</p> <hr/> <hr/> <hr/> <hr/>	<p>Sleep</p> <hr/> <hr/> <hr/> <hr/>
<p>Water Intake</p> <hr/> <hr/> <hr/> <hr/>	<p>Water Intake</p> <hr/> <hr/> <hr/> <hr/>	<p>Water Intake</p> <hr/> <hr/> <hr/> <hr/>	<p>Water Intake</p> <hr/> <hr/> <hr/> <hr/>	<p>Water Intake</p> <hr/> <hr/> <hr/> <hr/>
<p>Instructor Signature</p> <hr/> <hr/> <hr/> <hr/>	<p>Instructor Signature</p> <hr/> <hr/> <hr/> <hr/>	<p>Instructor Signature</p> <hr/> <hr/> <hr/> <hr/>	<p>Instructor Signature</p> <hr/> <hr/> <hr/> <hr/>	<p>Instructor Signature</p> <hr/> <hr/> <hr/> <hr/>

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<p>Food Log</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Food Log</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Food Log</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Food Log</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Food Log</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>Sleep</p> <hr/> <hr/> <hr/> <hr/>	<p>Sleep</p> <hr/> <hr/> <hr/> <hr/>	<p>Sleep</p> <hr/> <hr/> <hr/> <hr/>	<p>Sleep</p> <hr/> <hr/> <hr/> <hr/>	<p>Sleep</p> <hr/> <hr/> <hr/> <hr/>
<p>Water Intake</p> <hr/> <hr/> <hr/> <hr/>	<p>Water Intake</p> <hr/> <hr/> <hr/> <hr/>	<p>Water Intake</p> <hr/> <hr/> <hr/> <hr/>	<p>Water Intake</p> <hr/> <hr/> <hr/> <hr/>	<p>Water Intake</p> <hr/> <hr/> <hr/> <hr/>
<p>Instructor Signature</p> <hr/> <hr/> <hr/> <hr/>	<p>Instructor Signature</p> <hr/> <hr/> <hr/> <hr/>	<p>Instructor Signature</p> <hr/> <hr/> <hr/> <hr/>	<p>Instructor Signature</p> <hr/> <hr/> <hr/> <hr/>	<p>Instructor Signature</p> <hr/> <hr/> <hr/> <hr/>

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