

Fresh Start Fitness Challenge

Week One 1/22-1/28	Points Earned	Week Two 1/29-1/4	Points Earned	Week Three 2/5-2/11	Points Earned
Water (64+ oz.)	/7	Water (64+ oz.)	/7	Water (64+ oz.)	/7
Exercise (max 5x a week)	/10	Exercise (max 5x a week)	/10	Exercise (max 5x a week)	/10
No Sugar	/7	No Sugar	/7	No Sugar	/7
6+ Hrs Sleep a Day (total)	/7	6+ Hrs Sleep a Day (total)	/7	6+ Hrs Sleep a Day (total)	/7
Personal Goal Achieved?	/7	Personal Goal Achieved?	/7	Personal Goal Achieved?	/7
Contact Partner	/7	Contact Partner	/7	Contact Partner	/7
WEEKLY TOTAL	/45	WEEKLY TOTAL	/45	WEEKLY TOTAL	/45
Week Four 2/12-2/18	Points Earned	Week Five 2/19-2/26	Points Earned	Week Six 2/26-3/4	Points Earned
Water (64+ oz.)	/7	Water (64+ oz.)	/7	Water (64+ oz.)	/7
Exercise (max 5x a week)	/10	Exercise (max 5x a week)	/10	Exercise (max 5x a week)	/10
No Sugar	/7	No Sugar	/7	No Sugar	/7
6+ Hrs Sleep a Day (total)	/7	6+ Hrs Sleep a Day (total)	/7	6+ Hrs Sleep a Day (total)	/7
Personal Goal Achieved?	/7	Personal Goal Achieved?	/7	Personal Goal Achieved?	/7
Contact Partner	/7	Contact Partner	/7	Contact Partner	/7
WEEKLY TOTAL	/45	WEEKLY TOTAL	/45	WEEKLY TOTAL	/45
				FINAL TOTAL	/270

** report results **Every Wednesday** to <http://funonadime.net>

**email Michelle (at) funonadime (dot) net if you have any ?s