

# DAILY TRACKING SHEET



- The challenge starts **Monday, January 22nd** at PhysicallyFit / CrossFit Trumbull
- Participants may score up to 30 points *each week* for training, nutrition, detox, lifestyle, and bonus objectives
- At the end of the challenge, extra points will be awarded for % body weight lost (5 points for 1<sup>st</sup> place, 4 for 2<sup>nd</sup>, 3 for 3<sup>rd</sup>)
- Please submit your weekly score online by noon every Monday

TRAINING		NUTRITION		DETOX		LIFESTYLE																					
<b>3 SESSIONS EACH WEEK</b>		<b>EAT 3 BALANCED MEALS</b>		<b>AVOID SUGAR AND ALCOHOL</b>		<b>COMPLETE 1 DAILY HABIT</b>																					
<ul style="list-style-type: none"> <li>• Your goal is to train at least 3x per week</li> <li>• Each session will feature a variety of exercises designed to build strength and burn fat</li> </ul>		<ul style="list-style-type: none"> <li>• Your goal is to eat 3 “balanced meals” every day</li> <li>• Each meal must include a lean protein, vegetable, healthy fat, <i>and</i> water</li> <li>• Please see the resources section on our website for a helpful cheat sheet</li> </ul>		<ul style="list-style-type: none"> <li>• Your goal is to avoid sugar and alcohol during the challenge</li> <li>• Please see the resources section on our website for a helpful cheat sheet</li> </ul>		<ul style="list-style-type: none"> <li>• Your goal is to complete <b>one</b> daily habit for the entire challenge. Options:                             <ul style="list-style-type: none"> <li>○ Stretch for 10 minutes</li> <li>○ Keep a daily food log</li> <li>○ Drink a glass of water every morning</li> </ul> </li> </ul>																					
<b>EACH SESSION = 2 POINTS</b>		<b>EACH DAY = 1 POINT</b>		<b>EACH DAY = 1 POINT</b>		<b>EACH DAY = 1 POINT</b>																					
MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN
<b>TRAINING SCORE</b>		<b>NUTRITION SCORE</b>		<b>DETOX SCORE</b>		<b>LIFESTYLE SCORE</b>																					
OUT OF 6 TOTAL POINTS		OUT OF 7 TOTAL POINTS		OUT OF 7 TOTAL POINTS		OUT OF 7 TOTAL POINTS																					
SUBMIT YOUR SCORE AT <a href="http://TRUMBULLCHALLENGE.COM/SUBMIT">TRUMBULLCHALLENGE.COM/SUBMIT</a>				<b>FACEBOOK BONUS</b>		<b>TOTAL SCORE</b>																					
				YES <input type="checkbox"/> NO <input type="checkbox"/>		OUT OF 30 TOTAL POINTS																					
				3 POINTS																							