Team Members: \_\_\_\_\_

Week 1: Oct 31 - Nov 6			
I worked out at least 3x this week for 30min or more			
I logged my meals at least 3 days this week			
Individual Challenge - I ate no candy this week.			
Bonus -			
Team Challenge - Posted healthy alternative to candy on the Facebook group.			
Add up all of the individual points and bonus points for the week and divide by the number	+		=
of team members to get Average. Then add the team points to get the Weekly Total.	Average	Team	Total
Week 2: Nov 7 - Nov 13			
I worked out at least 3x this week for 30min or more			
I logged my meals at least 3 days this week			
Individual Challenge - I consumed no artificial sweeteners this week.			
Bonus			
Team Challenge - We met as a team for 1 workout outside of Rugged			
Add up all of the individual points and bonus points for the week and divide by the number	+		=
of team members to get Average. Then add the team points to get the Weekly Total.	Average	Team	Total
Week 3: Nov 14- Nov 20			
I worked out at least 3x this week for 30min or more.			
I logged my meals at least 3 days this week			
Individual Challenge - I ran/walked 10 Hill Intervals this week			
Bonus -			
Team Challenge - Our team completed 300 pushups and 700 squats			ļ
Add up all of the individual points and bonus points for the week and divide by the number	<b>—</b> +		_
of team members to get Average. Then add the team points to get the Weekly Total.	Average	Team	Total
Week 4: Nov 21 - Nov 27			
I worked out at least 3x this week for 30min or more.			
I logged my meals at least 3 days this week			
Individual Challenge - I posted a healthy side dish recipe and made it.			
Bonus - I worked out on Thanksgiving Day for at least 30 minutes.			
Team Challenge - Our team completed 600 burpies this week.			<b>L</b>
Add up all of the individual points and bonus points for the week and divide by the number of team members to get Average. Then add the team points to get the Weekly Total.	Average	Team	- Total
or team members to get Average. Then add the team points to get the weekly rotal.	Average	Team	TOLAT
Week 5: Nov 28 - Dec 4			
I worked out at least 3x this week for 30min or more.			
I logged my meals at least 3 days this week			
Individual Challenge - I came to 2 classes in one day (second class is free)			
Bonus			
Team Challenge - Our team completed 600 Kettlebell swings		<b></b>	<b></b>
Add up all of the individual points and bonus points for the week and divide by the number	+		=
of team members to get Average. Then add the team points to get the Weekly Total.	Average	Team	Total

Team Half Way Total:

\_

Veek 6: Dec 5 - Dec 11		
worked out at least 3x this week for 30min or more.		
logged my meals at least 3 days this week	┥╞──┤╞──	
ndividual Challenge - I had an FMS screen done by one of the coaches.	┥┝──┤┝──	
SonusI ate no deserts or sweets of any kind this week		
eam Challenge - Walk or run a total of 7 miles (each must do at least 1 mi.)	」	
Add up all of the individual points and bonus points for the week and divide by the number	+	=
of team members to get Average. Then add the team points to get the Weekly Total.	Average Team	n Tot
Veek 7: Dec 12 - Dec 18		
worked out at least 3x this week for 30min or more.		
logged my meals at least 3 days this week		
ndividual Challenge - I stretched or foam rolled for a total of 60 minutes.		
Bonus		
eam Challenge - Our team completed 240 Turkish Get Ups.	]	
Add up all of the individual points and bonus points for the week and divide by the number	+	=
of team members to get Average. Then add the team points to get the Weekly Total.	Average Team	n Tot
Veek 8: Dec 19 - Dec 25		_
worked out at least 3x this week for 30min or more.		
logged my meals at least 3 days this week		
ndividual Challenge - I ate a fruit of vegetable with every meal this week.		
Bonus		
eam Challenge - We all completed the 12 Days of Christmas workout		
Add up all of the individual points and bonus points for the week and divide by the number	+	=
of team members to get Average. Then add the team points to get the Weekly Total.	Average Team	n Tot
Veek 9: Dec 26 - Jan 1		_
worked out at least 3x this week for 30min or more.		
logged my meals at least 3 days this week		
ndividual Challenge - I set at least 3 fitness/nutrition goals for New Year.		
onus - Weigh out after Jan 1st - 1/4 point for every pound lost		
eam Challenge - Our team completed 1000 lunges this week		
Add up all of the individual points and bonus points for the week and divide by the number	+	=
of team members to get Average. Then add the team points to get the Weekly Total.	Average Team	n Tot
Team Grand Total:		
ditional Bonus Activities:	,,	
ditional Bonus Activities:		

Additional Bonus Total:

-