

Team Name: _____

Maintain Challenge 2016

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.

<input type="text"/>	+	<input type="text"/>	=	<input type="text"/>
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.

<input type="text"/>	+	<input type="text"/>	=	<input type="text"/>
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

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.

<input type="text"/>	+	<input type="text"/>	=	<input type="text"/>
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.

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.

<input type="text"/>	+	<input type="text"/>	=	<input type="text"/>
Average		Team		Total

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

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.

<input type="text"/>	+	<input type="text"/>	=	<input type="text"/>
Average		Team		Total

Team Half Way Total: _____

