

New Year's Fitness Challenge

Week #

Name:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Meal							
Meal							
Meal							
Meal							
Meal							
Activities							
	Staff Initials:	Staff Initials:	Staff Initials:	Staff Initials:	Staff Initials:	Staff Initials:	Staff Initials:
	Points	Points	Points	Points	Points	Points	Points

Point System:

Daily Point System:

1. Group fitness classes attended (3pt)
2. Personal training sessions (3pt)
3. Strength Training on Own 45 min minimal (3pt)
4. Cardio Machine/Track 45 minutes minimal (3pt)
5. Teaching a group fitness class (3 pt)

Bonus Points (can only be used once per week)

- Recording Nutritional Intake over week (3pt).
- Earn (3pts) by referring someone "they must join a full membership."

Additional Rules:

Staff Member must initial day's activity
 All activities must take place at NYA
 No more than 3 points per day unless "Bonus Points"

Weekly Points:

Weight:

A.	Activity Points:		Starting Weight (1st day of comp)	
B.	Food Journal Points:		Ending Weight (last day of comp)	
C.	Bonus Points:		Total Weight Loss	
D.	TOTAL POINTS FOR WEEK:			

Notes:

