NAME: _____

LOGGING POINTS ON THE PALEO CHALLENGE, #8!

			H20 = 1 pt	MAX PTS = 7	WOD = 1 pt	MAX PTS = 4	REFUEL = 1 pt	MAX PTS = 4	MOB/STRETCH = 4	MAX PTS = 4	VIT D = 1 pt	MAX PTS =3	OMEGA 3'S = 1pt	MAX PTS =3	SLEEP = 1 pt	MAX PTS = 7
WEEK 1																
Day 1	SAT	11-Jun														
Day 2	SUN	12-Jun														
Day 3	MON	13-Jun														
Day 4	TUES	14-Jun														
Day 5	WEDS	15-Jun														
Day 6	THURS	16-Jun														
Day 7	FRI	17-Jun														
Week 1 subtotal																
Week 1 TOTAL																
WEEK 2																
Day 8	SAT	18-Jun														
Day 9	SUN	19-Jun														
Day 10	MON	20-Jun														
Day 11	TUE	21-Jun														
Day 12	WED	22-Jun														
Day 13	THU	23-Jun														
Day 14	FRI	24-Jun														
Week 2 subtotal																
Week 2 TOTAL																
WEEK 3																
Day 15	SAT	25-Jun														
Day 16	SUN	26-Jun														
Day 17	MON	27-Jun														
Day 18	TUE	28-Jun														
Day 19	WED	29-Jun														
Day 20	TUES	30-Jun														
Day 21	FRI	1-Jul														
Week 3 subtotal																
Week 3 TOTAL																