

WEEK 7 Keep the focus on why you started. You're almost there!

Starting Weight: _____ Goal Weight: _____

How many workouts did you attend this week: _____

How do you feel: _____

WEEK 8 Congratulations. Fitness is now your lifestyle...

Starting Weight: _____ Goal Weight: _____ Final Weight: _____

How many workouts did you attend the entire challenge: _____

How do you feel: _____

PHYSICAL CHALLENGE: *March 5th 8am to 11am. No make ups! Absence will automatically disqualify you from challenge.*

Please give this to the examining trainer

Burpees Completed: _____

60 Sec Jumping Jax: _____

2 Minute Plank: _____

2 Minute Squat Plate Hold: _____

Deadlift and Squat Form: Passed _____ **Failed** _____