

Example

CrossFit Deer Park 30 Day Challenge					Name: CrossFit Example			
	M	T	W	TH	F	Sat	Sun	Week Total
Wk 1 2/1-2/8								
Meals								
Breakfast	1		1	1	1	1	1	
Snack		1	1	1	1		1	
Lunch	1	1	1	1	1	1	1	
Snack	1	1	1	1	1	1	1	
Dinner	1	1	1	1	1	1	1	
Meal Total	4	4	5	5	4	4	5	31
WODS								
H2O (1/2 body weight in oz)	1	1	0	1	1	0	1	
7 Hours Sleep	1		1	1	1	0	1	
Fish Oil Supplement	1	1	1	1	1	1	1	
Eating 5 meals	0	0	1	1	0	0	1	
Deductions								
Alcholic Beverage (2 per drink)			2			2		
Cheat meal (2 per meal)					4	0		
Total	7	6	6	9	3	3	9	43
Week 1 Grand Total								43

CrossFit Deer Park 30 Day Challenge					Name:			
	M	T	W	TH	F	Sat	Sun	Week Total
Wk 1 2/1-2/8								
Meals								
Breakfast								
Snack								
Lunch								
Snack								
Dinner								
Meal Total	0	0	0	0	0	0	0	0
WODS								
H2O (1/2 body weight in oz)								
7 Hours Sleep								
Fish Oil Supplement								
Eating 5 meals	0	0	0	0	0	0	0	
Deductions								
Alcholic Beverage (2 per drink)								
Cheat meal (2 per meal)								
Total	0	0	0	0	0	0	0	0
					Week 1 Grand Total			0

CrossFit Deer Park 30 Day Challenge					Name:			
	M	T	W	TH	F	Sat	Sun	Week Total
Wk 1 2/9-2/15								
Meals								
Breakfast								
Snack								
Lunch								
Snack								
Dinner								
Meal Total	0	0	0	0	0	0	0	0
WODS								
H2O (1/2 body weight in oz)								
7 Hours Sleep								
Fish Oil Supplement								
Eating 5 meals	0	0	0	0	0	0	0	
Deductions								
Alcoholic Beverage (2 per drink)								
Cheat meal (2 per meal)								
Total	0	0	0	0	0	0	0	0
					Week 2 Grand Total			0

CrossFit Deer Park 30 Day Challenge					Name:			
	M	T	W	TH	F	Sat	Sun	Week Total
Wk 1 2/16-2/22								
Meals								
Breakfast								
Snack								
Lunch								
Snack								
Dinner								
Meal Total	0	0	0	0	0	0	0	0
WODS								
H2O (1/2 body weight in oz)								
7 Hours Sleep								
Fish Oil Supplement								
Eating 5 meals	0	0	0	0	0	0	0	
Deductions								
Alcoholic Beverage (2 per drink)								
Cheat meal (2 per meal)								
Total	0	0	0	0	0	0	0	0
					Week 3 Grand Total			0

