Example

| CrossFit Deer Park 30 Day Challenge | | | | | Name: CrossFit Example | | | |
|-------------------------------------|---|---|-------------------|-------------|------------------------|-----|-----|------------|
| | Μ | Т | 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 | 4 | | 1 | |
| Snack | 1 | 1 | 1 | 1 | | | 1 | |
| Dinner | 1 | 1 | 1 | 1 | $\sqrt{1}$ | 1 | 1 | |
| Meal Total | 4 | 4 | 5 | 5 | 4 | 4 | 5 | 31 |
| | | | | $\langle ($ | $U \circ \circ$ | | | |
| WODS | | | | | | | | |
| H20 (1/2 body weight in oz) | 1 | 1 | $\sim \sim 0$ | | 1 | 0 | 1 | |
| 7 Hours Sleep | 1 | | $\langle \rangle$ | 2 1 | 1 | 0 | 1 | |
| Fish Oil Supplement | 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 |
| | | | | | Wee | 43 | | |

| | | | • | | | | 6 1 P. | |
|-----------------------------------|----------|---|-----|----|-------|-----------|--------|------------|
| CrossFit Deer Park 30 Day Challen | ge | | | | Name: | | | |
| | M | т | W | TH | F | Sat | Sun | Week Total |
| Wk 1 2/1-2/8 | | | | | | | | |
| Meals | - 2117 1 | | | | | 5 | | |
| Breakfast | | 3 | | • | | | | |
| Snack | | | | | | | | |
| Lunch | | | | | | · . | - | |
| Snack | | 2 | | | | | 5 | |
| Dinner | | | 4 T | | | D. | | |
| Meal Total | 0 | 0 | 0 | | | 0 | 0 | 0 |
| 010 | | | | | | | | |
| WODS | | | | | | | | |
| H20 (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 |
| | | | | | | | | |
| | | | | | Wee | k 1 Grand | Total | 0 |

| | | | | | | | · • | 3 |
|-----------------------------------|----------|----|-----|----|-------|-----------|-------|------------|
| CrossFit Deer Park 30 Day Challen | ge | | | | Name: | | | |
| | M | т | W | ТН | F | Sat . | Sun | Week Total |
| Wk 1 2/9-2/15 | | | | | | | | |
| Meals | - 2017 1 | | | | | 5 | | |
| Breakfast | | L' | | 4 | | | | |
| Snack | | | | | | | | |
| Lunch | | | | | | × . | - | |
| Snack | | | | | | | | |
| Dinner | | | 4 T | | | | | 1 |
| Meal Total | 0 | 0 | 0 | | 0 | 0 | 0 | 0 |
|))))) | | | | | | | | |
| WODS | | | | | | | | |
| H20 (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 |
| | | | | | | | | |
| | | | | | Wee | k 2 Grand | Total | 0 |

| | | | | | | | · · · | 3 |
|-----------------------------------|----------|---|-----|----|-------|-----------|-------|------------|
| CrossFit Deer Park 30 Day Challen | ge | | | | Name: | | | |
| 6 | M | т | W | ТН | | Sat . | Sun | Week Total |
| Wk 1 2/16-2/22 | | | | | | | | |
| Meals | - 2117 1 | | | | | 5 | | |
| Breakfast | | 5 | | • | | | | |
| Snack | | | | | - | | | |
| Lunch | | | | | | · . | | |
| Snack | | 2 | | | | | | |
| Dinner | | | 4 T | | | | | 1 |
| Meal Total | 0 | 0 | 0 | | 0 | 0 | 0 | 0 |
| 010 | | | | | | | | |
| WODS | | | | | | | | |
| H20 (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 |
| | | | | | | | | |
| | | | | | Wee | k 3 Grand | Total | 0 |

| | | 4 1 P. | | | | - | | |
|----------------------------------|------------|--------|-----|----|-------|-----------|-------|------------|
| CrossFit Deer Park 30 Day Challe | nge | | | | Name: | | | |
| | M | т | W | TH | F | Sat 📡 | Sun | Week Total |
| Wk 1 2/23-3/1 | | | | | | | | |
| Meals | | | | | | - | | |
| Breakfast | | | | * | | | | |
| Snack | | | | | | | | |
| Lunch | | | | | | × . | - | |
| Snack | | | | | | | | |
| Dinner | | | 4 T | | | | | 1 <u> </u> |
| Meal Tota | I) S 0 | 0 | 0 | | | 0 | 0 | 0 |
| | | | | | | | | |
| WODS | | | | | | | | |
| H20 (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) | | | | | | | | |
| | | | | | | | | |
| Tota | I 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | | | | | | | | |
| | | | | | Wee | k 4 Grand | Total | 0 |

Total Challenge

0