

Goals

Spring 2016
90day
Challenge

MY INFO

Member Name _____

Member ID _____

Nickname (for leaderboard) _____

Email _____

MY CHALLENGE

Weight Loss

Transformation

MY GOALS

What? _____

Why? _____

MY STATS

WEEK	INITIAL WEIGH-IN	2	3	4	5	6	7
WT							
BF%							
WEEK	8	9	10	11	12	13	FINAL WEIGH-OUT
WT							
BF%							

MY PLAN

Know It. _____

Nourish It. _____

Move It. _____