



CROSSFIT LAWRENCE PALEO CHALLENGE
DAILY TRACKING SCORE SHEET

<u>Week 1 (9th -15th)</u>	<u>Sleep</u>	<u>Workout</u>	<u>Food</u>	<u>Water</u>	<u>TOTALS</u>
Monday	___	___	___	___	___
Tuesday	___	___	___	___	___
Wednesday	___	___	___	___	___
Thursday	___	___	___	___	___
Friday	___	___	___	___	___
Saturday	___	___	___	___	___
Sunday	___	___	___	___	___
				Week 1 Total:	___

<u>Week 2 (16th - 22nd)</u>	<u>Sleep</u>	<u>Workout</u>	<u>Food</u>	<u>Water</u>	<u>TOTALS</u>
Monday	___	___	___	___	___
Tuesday	___	___	___	___	___
Wednesday	___	___	___	___	___
Thursday	___	___	___	___	___
Friday	___	___	___	___	___
Saturday	___	___	___	___	___
Sunday	___	___	___	___	___
				Week 2 Total:	___

Scoring Key:

Sleep: 1 point for getting at least 7 hours of sleep

Workout: 1 point for attendance in class at CFL

Food: 1 point for eating only foods/drinks from the "GOOD" list

Water: 1 point for drinking at least half your bodyweight in ounces of water

PARTICIPANT NAME: _____



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<u>Week 3 (23rd – 29th)</u>	<u>Sleep</u>	<u>Workout</u>	<u>Food</u>	<u>Water</u>	<u>TOTALS</u>
Monday	___	___	___	___	___
Tuesday	___	___	___	___	___
Wednesday	___	___	___	___	___
Thursday	___	___	___	___	___
Friday	___	___	___	___	___
Saturday	___	___	___	___	___
Sunday	___	___	___	___	___
				Week 3 Total:	___

<u>Week 4 (30th – 5th)</u>	<u>Sleep</u>	<u>Workout</u>	<u>Food</u>	<u>Water</u>	<u>TOTALS</u>
Monday	___	___	___	___	___
Tuesday	___	___	___	___	___
Wednesday	___	___	___	___	___
Thursday	___	___	___	___	___
Friday	___	___	___	___	___
Saturday	___	___	___	___	___
Sunday	___	___	___	___	___
				Week 4 Total:	___

Scoring Key:

- Sleep: 1 point for getting at least 7 hours of sleep
- Workout: 1 point for attendance in class at CFL
- Food: 1 point for eating only foods/drinks from the "GOOD" list
- Water: 1 point for drinking at least half your bodyweight in ounces of water

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<u>Week 5 (6th – 10th) *Short Week*</u>	<u>Sleep</u>	<u>Workout</u>	<u>Food</u>	<u>Water</u>	<u>TOTALS</u>
Monday	_____	_____	_____	_____	_____
Tuesday	_____	_____	_____	_____	_____
Wednesday	_____	_____	_____	_____	_____
Thursday	_____	_____	_____	_____	_____
Friday	_____	_____	_____	_____	_____
				Week 5 Total:	_____
				GRAND TOTAL:	_____
				(Total of all 5 weeks)	

Scoring Key:

Sleep: 1 point for getting at least 7 hours of sleep

Workout: 1 point for attendance in class at CFL

Food: 1 point for eating only foods/drinks from the "GOOD" list

Water: 1 point for drinking at least half your bodyweight in ounces of water

PARTICIPANT NAME: _____