



**CROSSFIT LAWRENCE PALEO CHALLENGE**  
DATA & RESULTS SHEET

**START DATA | Monday, January 9<sup>th</sup>, 2012**

Weight \_\_\_\_\_

Body Fat % (Caliper) \_\_\_\_\_

Body Fat % (Tanita) \_\_\_\_\_

BMI \_\_\_\_\_

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**END DATA | Saturday, February 11<sup>th</sup>, 2012**

Weight \_\_\_\_\_

Body Fat % (Caliper) \_\_\_\_\_

Body Fat % (Tanita) \_\_\_\_\_

BMI \_\_\_\_\_

**PARTICIPANT NAME:** \_\_\_\_\_