

DAILY TRACKING SHEET



- The challenge starts **Monday, January 22** at Hagerstown Sport Club and Fitness
- Participants may score up to 33 points each week for training, nutrition, detox, lifestyle, social media and bonus objectives
- Please use the check-boxes below to track your daily performance (print a new sheet for each week)
- Please **email your weekly score by noon every Monday** to Josh Daniels at jdaniels@trueap.com

TRAINING	NUTRITION	DETOX	LIFESTYLE	SOCIAL MEDIA
<p>3 SESSIONS EACH WEEK</p> <ul style="list-style-type: none"> Your goal is to train at least 3x per week. Each session is designed by the experts at TrueAP to help shed fat and build lean muscle. 	<p>CONSUME 3 BALANCED MEALS</p> <ul style="list-style-type: none"> Consume 2 balanced meals and 2 protein spikes Your goal is to eat 2 "balanced meals" and 2 additional "protein spikes" every day. Each meal must include a lean protein, vegetable, healthy fat, and water. Each protein spike should be about 30 grams. Please review your "balanced meal" cheat sheet. 	<p>AVOID, SUGAR, GLUTEN, AND ALCOHOL</p> <ul style="list-style-type: none"> Your goal is to avoid sugar, gluten, and alcohol during the challenge Please review your "Detox" cheat sheet. 	<p>COMPLETE 1 HEALTHY HABIT</p> <ul style="list-style-type: none"> Your goal is complete one healthy habit each day during the challenge. Options are: <ul style="list-style-type: none"> Read for 15 mins Turn screens off by 9pm No Social Media Meditate for 5 mins Keep a daily gratitude journal 	<p>SOCIAL MEDIA</p> <ul style="list-style-type: none"> Your goal is to post at least 3x per week during the challenge. Options are: <ul style="list-style-type: none"> "check-in" to Hagerstown Sports Club and Fitness and include #TrueAPChallenge Tag @trueap and include #TrueAPChallenge Tag @trueap and include #TrueAPChallenge
<p>EACH SESSION 2 POINTS</p> <p>Mo Tu We Th Fr Sa Su</p>	<p>EACH DAY 1 POINT</p> <p>Mo Tu We Th Fr Sa Su</p>	<p>EACH DAY 1 POINT</p> <p>Mo Tu We Th Fr Sa Su</p>	<p>EACH DAY 1 POINT</p> <p>Mo Tu We Th Fr Sa Su</p>	<p>EACH DAY 1 POINT</p> <p>Mo Tu We Th Fr Sa Su</p>
<p>TRAINING SCORE (OUT OF 6 POINTS)</p>	<p>NUTRITION SCORE (OUT OF 7 POINTS)</p>	<p>DETOX SCORE (OUT OF 7 POINTS)</p>	<p>LIFESTYLE SCORE (OUT OF 7 POINTS)</p>	<p>SOCIAL MEDIA SCORE (OUT OF 3 POINTS)</p>

Submit your score by emailing jdaniels@trueap.com by noon every Monday.

FACEBOOK BONUS (3 POINTS)

Yes No

TOTAL SCORE

OUT OF A POSSIBLE 33