TIMELESS FITNESS

**FitRanx Fitness Challenge**

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age: \_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_

**Body Measurements**

Before After #1 Date \_\_\_\_\_\_ After #2 Date \_\_\_\_\_\_\_

Weight \_\_\_\_\_\_\_\_ Weight \_\_\_\_\_\_\_\_ Weight \_\_\_\_\_\_

Body Fat% \_\_\_\_\_ Body Fat% \_\_\_\_\_ Body Fat% \_\_\_\_

Neck \_\_\_\_\_\_\_ Neck \_\_\_\_\_\_\_ Neck \_\_\_\_\_\_\_

Chest \_\_\_\_\_\_\_ Chest \_\_\_\_\_\_\_ Chest \_\_\_\_\_\_

Waist \_\_\_\_\_\_\_\_ Waist \_\_\_\_\_\_\_ Waist \_\_\_\_\_\_

Hips \_\_\_\_\_\_\_\_ Hips \_\_\_\_\_\_\_\_ Hips \_\_\_\_\_\_\_

Right Thigh \_\_\_\_\_\_\_ Right Thigh \_\_\_\_\_ Rt. Thigh \_\_\_\_\_

Left Thigh \_\_\_\_\_\_\_\_ Left thigh \_\_\_\_\_\_\_\_ Lt. Thigh \_\_\_\_\_

Right Arm \_\_\_\_\_\_\_\_ Right Arm \_\_\_\_\_\_\_\_ Rt. Arm \_\_\_\_\_\_

Left Arm \_\_\_\_\_\_\_\_\_ Left Arm \_\_\_\_\_\_\_ Lt. Arm \_\_\_\_\_\_

**Points \_\_\_\_\_\_\_ Points \_\_\_\_\_\_\_ Points \_\_\_\_\_\_\_**

Reward Point **System:**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Description | Daily Pts. | Wk.1 | Wk.2 | Wk.3 | Wk.4 | Wk.5 | Wk.6 | Wk.7 | Wk.8 | Wk.9 | Wk.10 |
|  8 Hours Sleep  | 1 pt. |  |  |  |  |  |  |  |  |  |  |
| 64 Oz. Water  | 1 pt. |  |  |  |  |  |  |  |  |  |  |
| No Sweets or Sugary Treats  | 1 pt. |  |  |  |  |  |  |  |  |  |  |
| Group Fitness Classes  | 2 pt. |  |  |  |  |  |  |  |  |  |  |
| Eat 5 servings Fruits or Vegetables  | 1 pt. |  |  |  |  |  |  |  |  |  |  |
| Exercise for 30 minutes  | 1.pt |  |  |  |  |  |  |  |  |  |  |
| MyFitnessPal Tracking | 1pt. |  |  |  |  |  |  |  |  |  |  |
| Walking 1 Hour | 1pt. |  |  |  |  |  |  |  |  |  |  |
| Total Points  |  |  |  |  |  |  |  |  |  |  |  |

**Total Points: \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**FitRanx Levels**  (Highest level achieved determines total points)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Date** | **Level 1****25 pts** | **Level 2 50 pts** | **Level 3 75 pts** | **Level 4** **100 pts** | **Level 5** **125 pts**  | **Level 6** **150 pts** | **Level 7** **175 pts** | **Level 8** **200 pts** |
| **Nov. 26** |  |  |  |  |  |  |  |  |
| **Dec. 10** |  |  |  |  |  |  |  |  |
| **Jan. 12** |  |  |  |  |  |  |  |  |

**Total Points: \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Daily Tracking Sheet**

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| DescriptionWeek 1 | Daily Pts. | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
|  8 Hours Sleep  | 1 pt. |  |  |  |  |  |  |  |
| 64 Oz. Water  | 1 pt. |  |  |  |  |  |  |  |
| No Sweets or Sugary Treats  | 1 pt. |  |  |  |  |  |  |  |
| Group Fitness Classes  | 2 pt. |  |  |  |  |  |  |  |
| Eat 5 servings Fruits or Vegetables  | 1 pt. |  |  |  |  |  |  |  |
| Exercise for 30 minutes  | 1.pt |  |  |  |  |  |  |  |
| MyFitnessPal Tracking | 1pt. |  |  |  |  |  |  |  |
| Walking 1 Hour | 1pt. |  |  |  |  |  |  |  |
| Total  |  |  |  |  |  |  |  |  |

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| DescriptionWeek 2 | Daily Pts. | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
|  8 Hours Sleep  | 1 pt. |  |  |  |  |  |  |  |
| 64 Oz. Water  | 1 pt. |  |  |  |  |  |  |  |
| No Sweets or Sugary Treats  | 1 pt. |  |  |  |  |  |  |  |
| Group Fitness Classes  | 2 pt. |  |  |  |  |  |  |  |
| Eat 5 servings Fruits or Vegetables  | 1 pt. |  |  |  |  |  |  |  |
| Exercise for 30 minutes  | 1.pt |  |  |  |  |  |  |  |
| MyFitnessPal Tracking | 1pt. |  |  |  |  |  |  |  |
| Walking 1 Hour | 1pt. |  |  |  |  |  |  |  |
| Total  |  |  |  |  |  |  |  |  |

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| DescriptionWeek 3 | Daily Pts. | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
|  8 Hours Sleep  | 1 pt. |  |  |  |  |  |  |  |
| 64 Oz. Water  | 1 pt. |  |  |  |  |  |  |  |
| No Sweets or Sugary Treats  | 1 pt. |  |  |  |  |  |  |  |
| Group Fitness Classes  | 2 pt. |  |  |  |  |  |  |  |
| Eat 5 servings Fruits or Vegetables  | 1 pt. |  |  |  |  |  |  |  |
| Exercise for 30 minutes  | 1.pt |  |  |  |  |  |  |  |
| MyFitnessPal Tracking | 1pt. |  |  |  |  |  |  |  |
| Walking 1 Hour | 1pt. |  |  |  |  |  |  |  |
| Total  |  |  |  |  |  |  |  |  |

**Comments:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Daily Tracking Sheet**

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| DescriptionWeek 4 | Daily Pts. | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
|  8 Hours Sleep  | 1 pt. |  |  |  |  |  |  |  |
| 64 Oz. Water  | 1 pt. |  |  |  |  |  |  |  |
| No Sweets or Sugary Treats  | 1 pt. |  |  |  |  |  |  |  |
| Group Fitness Classes  | 2 pt. |  |  |  |  |  |  |  |
| Eat 5 servings Fruits or Vegetables  | 1 pt. |  |  |  |  |  |  |  |
| Exercise for 30 minutes  | 1.pt |  |  |  |  |  |  |  |
| MyFitnessPal Tracking | 1pt. |  |  |  |  |  |  |  |
| Walking 1 Hour | 1pt. |  |  |  |  |  |  |  |
| Total  |  |  |  |  |  |  |  |  |

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| DescriptionWeek 5 | Daily Pts. | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
|  8 Hours Sleep  | 1 pt. |  |  |  |  |  |  |  |
| 64 Oz. Water  | 1 pt. |  |  |  |  |  |  |  |
| No Sweets or Sugary Treats  | 1 pt. |  |  |  |  |  |  |  |
| Group Fitness Classes  | 2 pt. |  |  |  |  |  |  |  |
| Eat 5 servings Fruits or Vegetables  | 1 pt. |  |  |  |  |  |  |  |
| Exercise for 30 minutes  | 1.pt |  |  |  |  |  |  |  |
| MyFitnessPal Tracking | 1pt. |  |  |  |  |  |  |  |
| Walking 1 Hour | 1pt. |  |  |  |  |  |  |  |
| Total  |  |  |  |  |  |  |  |  |

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| DescriptionWeek 6 | Daily Pts. | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
|  8 Hours Sleep  | 1 pt. |  |  |  |  |  |  |  |
| 64 Oz. Water  | 1 pt. |  |  |  |  |  |  |  |
| No Sweets or Sugary Treats  | 1 pt. |  |  |  |  |  |  |  |
| Group Fitness Classes  | 2 pt. |  |  |  |  |  |  |  |
| Eat 5 servings Fruits or Vegetables  | 1 pt. |  |  |  |  |  |  |  |
| Exercise for 30 minutes  | 1.pt |  |  |  |  |  |  |  |
| MyFitnessPal Tracking | 1pt. |  |  |  |  |  |  |  |
| Walking 1 Hour | 1pt. |  |  |  |  |  |  |  |
| Total  |  |  |  |  |  |  |  |  |

**Comments:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Daily Tracking Sheet**

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| DescriptionWeek 7 | Daily Pts. | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
|  8 Hours Sleep  | 1 pt. |  |  |  |  |  |  |  |
| 64 Oz. Water  | 1 pt. |  |  |  |  |  |  |  |
| No Sweets or Sugary Treats  | 1 pt. |  |  |  |  |  |  |  |
| Group Fitness Classes  | 2 pt. |  |  |  |  |  |  |  |
| Eat 5 servings Fruits or Vegetables  | 1 pt. |  |  |  |  |  |  |  |
| Exercise for 30 minutes  | 1.pt |  |  |  |  |  |  |  |
| MyFitnessPal Tracking | 1pt. |  |  |  |  |  |  |  |
| Walking 1 Hour | 1pt. |  |  |  |  |  |  |  |
| Total  |  |  |  |  |  |  |  |  |

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| DescriptionWeek 8 | Daily Pts. | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
|  8 Hours Sleep  | 1 pt. |  |  |  |  |  |  |  |
| 64 Oz. Water  | 1 pt. |  |  |  |  |  |  |  |
| No Sweets or Sugary Treats  | 1 pt. |  |  |  |  |  |  |  |
| Group Fitness Classes  | 2 pt. |  |  |  |  |  |  |  |
| Eat 5 servings Fruits or Vegetables  | 1 pt. |  |  |  |  |  |  |  |
| Exercise for 30 minutes  | 1.pt |  |  |  |  |  |  |  |
| MyFitnessPal Tracking | 1pt. |  |  |  |  |  |  |  |
| Walking 1 Hour | 1pt. |  |  |  |  |  |  |  |
| Total  |  |  |  |  |  |  |  |  |

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| DescriptionWeek 9 | Daily Pts. | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
|  8 Hours Sleep  | 1 pt. |  |  |  |  |  |  |  |
| 64 Oz. Water  | 1 pt. |  |  |  |  |  |  |  |
| No Sweets or Sugary Treats  | 1 pt. |  |  |  |  |  |  |  |
| Group Fitness Classes  | 2 pt. |  |  |  |  |  |  |  |
| Eat 5 servings Fruits or Vegetables  | 1 pt. |  |  |  |  |  |  |  |
| Exercise for 30 minutes  | 1.pt |  |  |  |  |  |  |  |
| MyFitnessPal Tracking | 1pt. |  |  |  |  |  |  |  |
| Walking 1 Hour | 1pt. |  |  |  |  |  |  |  |
| Total  |  |  |  |  |  |  |  |  |

**Comments:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Daily Tracking Sheet**

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| DescriptionWeek 10 | Daily Pts. | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
|  8 Hours Sleep  | 1 pt. |  |  |  |  |  |  |  |
| 64 Oz. Water  | 1 pt. |  |  |  |  |  |  |  |
| No Sweets or Sugary Treats  | 1 pt. |  |  |  |  |  |  |  |
| Group Fitness Classes  | 2 pt. |  |  |  |  |  |  |  |
| Eat 5 servings Fruits or Vegetables  | 1 pt. |  |  |  |  |  |  |  |
| Exercise for 30 minutes  | 1.pt |  |  |  |  |  |  |  |
| MyFitnessPal Tracking | 1pt. |  |  |  |  |  |  |  |
| Walking 1 Hour | 1pt. |  |  |  |  |  |  |  |
| Total  |  |  |  |  |  |  |  |  |

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| DescriptionWeek 11 | Daily Pts. | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
|  8 Hours Sleep  | 1 pt. |  |  |  |  |  |  |  |
| 64 Oz. Water  | 1 pt. |  |  |  |  |  |  |  |
| No Sweets or Sugary Treats  | 1 pt. |  |  |  |  |  |  |  |
| Group Fitness Classes  | 2 pt. |  |  |  |  |  |  |  |
| Eat 5 servings Fruits or Vegetables  | 1 pt. |  |  |  |  |  |  |  |
| Exercise for 30 minutes  | 1.pt |  |  |  |  |  |  |  |
| MyFitnessPal Tracking | 1pt. |  |  |  |  |  |  |  |
| Walking 1 Hour | 1pt. |  |  |  |  |  |  |  |
| Total  |  |  |  |  |  |  |  |  |

**Comments:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**