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**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Description  Week 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 |  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Description  Week 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 |  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Description  Week 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**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Description  Week 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 |  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Description  Week 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 |  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Description  Week 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**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Description  Week 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 |  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Description  Week 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 |  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Description  Week 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**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Description  Week 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 |  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Description  Week 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:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**