

NAME:		WEEK #:		DATES:		
	Did you exercise at least 30 min on your own? This does NOT include UNUM classes (.5 points per day)	Did you attend the UNUM fitness classes? (1 point per class)	Did you successfully complete the weekly nutrition challenge EVERY DAY this week. (1 point per week)	Did you successfully stay on track with your weekly individual goal? (5 points per week)	Did you participate in the team challenge? (1 point)	Did your team win? (2 points)
Tuesday	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N
Wednesday	Y/N	-----			-----	-----
Thursday	Y/N	Y/N			-----	-----
Friday	Y/N	-----			-----	-----
Saturday	Y/N	-----			-----	-----
Sunday	Y/N	-----			-----	-----
Monday	Y/N	-----			-----	-----

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