



# Triple Threat Team Challenge Log Calendar

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Week #1 – Eat Clean!</b>	_____ g/sugar	_____ g/sugar	_____ g/sugar	_____ g/sugar	_____ g/sugar	_____ g/sugar	_____ g/sugar
	_____ g/fat	_____ g/fat	_____ g/fat	_____ g/fat	_____ g/fat	_____ g/fat	_____ g/fat
	_____ mg/sodium	_____ mg/sodium	_____ mg/sodium	_____ mg/sodium	_____ mg/sodium	_____ mg/sodium	_____ mg/sodium
	Total Points _____	Total Points _____	Total Points _____	Total Points _____	Total Points _____	Total Points _____	Total Points _____
<b>Week #2 – Cardio Week</b>	Type of Cardio: _____	Type of Cardio: _____	Type of Cardio: _____	Type of Cardio: _____	Type of Cardio: _____	Type of Cardio: _____	Type of Cardio: _____
	_____ /30 minutes	_____ /30 minutes	_____ /30 minutes	_____ /30 minutes	_____ /30 minutes	_____ /30 minutes	_____ /30 minutes
<b>Week #3 – Strength Week</b>	Type of Strength Training: _____	Type of Strength Training: _____	Type of Strength Training: _____	Type of Strength Training: _____	Type of Strength Training: _____	Type of Strength Training: _____	Type of Strength Training: _____
	_____ /30 minutes	_____ /30 minutes	_____ /30 minutes	_____ /30 minutes	_____ /30 minutes	_____ /30 minutes	_____ /30 minutes

**Week #1 - MAXIMUM 3 POINTS/DAY & 21 POINTS/WEEK**

(Daily Limits: Men: 37.5g sugar /85g fat/2300mg sodium, Women: 25g sugar /60g fat /2300mg sodium)

**Week #2 – 3 DIFFERENT TYPES/CARDIO OVER 7 DAYS (30 MIN EA. TYPE) = 21 POINTS,**

3 DIFFERENT TYPES OVER 7 DAYS = 9 POINTS,

2 DIFFERENT TYPES OVER 7 DAYS = 6 POINTS

**Week #3 – 3 STRENGTH WORKOUTS\*\* OVER 7 DAYS (30 MIN EA.) = 9 POINTS**

(\*\*ONLY PERFORM 3 WORKOUTS WITH AT LEAST 1 DAY BETWEEN EACH WORKOUT)