



Triple Threat Team Challenge Log Calendar

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week #1 – Eat Clean!	Fruit = /3	Fruit = /3	Fruit = /3	Fruit = /3	Fruit = /3	Fruit = /3	Fruit = /3
	Veggies = /3	Veggies = /3	Veggies = /3	Veggies = /3	Veggies = /3	Veggies = /3	Veggies = /3
	500mL/water= /3	500mL/water= /3	500mL/water= /3	500mL/water= /3	500mL/water= /3	500mL/water= /3	500mL/water= /3
	Total Points ____	Total Points ____	Total Points ____	Total Points ____	Total Points ____	Total Points ____	Total Points ____
							Weekly Total ____
Week #2 – Cardio Week	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
							Weekly Total ____
Week #3 – Strength Week	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
							Weekly Total ____

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

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