

FIT CHALLENGE SCORECARD

#freshchallenge #thefresh20

| | HYDRATION | | | NUTRITION | | | EXERCISE | | | LIFESTYLE | | | DAILY TOTAL |
|--------|-----------|------------|---------|--------------------|----------|----------|----------|--------|---------|--------------|--------------------|----------|-------------|
| | 64 oz + | No Alcohol | No Soda | Approved Food Only | No sugar | No dairy | Cardio | Weight | Stretch | 7+ hrs sleep | 10+ min Reflection | Laughter | |
| DAY 1 | | | | | | | | | | | | | |
| DAY 2 | | | | | | | | | | | | | |
| DAY 3 | | | | | | | | | | | | | |
| DAY 4 | | | | | | | | | | | | | |
| DAY 5 | | | | | | | | | | | | | |
| DAY 6 | | | | | | | | | | | | | |
| DAY 7 | | | | | | | | | | | | | |
| DAY 8 | | | | | | | | | | | | | |
| DAY 9 | | | | | | | | | | | | | |
| DAY 10 | | | | | | | | | | | | | |
| NOTES: | | | | | | | | | | | CHALLENGE TOTAL | | |