



## Weekly Challenge Check-In Notes

Begin Date \_\_\_\_\_ To \_\_\_\_\_

	Today's Morning Weight	Weighed & Ate All Portions	Worked Out	8 Hours of Sleep Last Night	Drank 100+ oz Filtered Water	No cheat meals or snacks	No alcohol
<b>SUN</b>							
<b>MON</b>							
<b>TUE</b>							
<b>WED</b>							
<b>THU</b>							
<b>FRI</b>							
<b>SAT</b>							