

www.GoalSettingChallenge.com



Phase I Scorecard

For the Physical Fitness & Weight Loss Challenge

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Physical Fitness & Weight Loss Challenge Scorecard

Name: _____ Date: _____

Starting Weight: _____ Waist: _____

Bonus Rewards:

#1 _____ #2 _____

#3 _____ #4 _____

Big Reward: _____

Progress Log (Phase 1)

Week #	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Reward
Midweek Start								
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								
15								
16								