

DAILY TRACKING SHEET



- The challenge starts **Monday, September 14**
- Participants may score up to 34 points each week for training, nutrition, detox, lifestyle, social media and bonus objectives
- Please use the check-boxes below to track your daily performance (print a new sheet for each week)
- Please **email your weekly tracking sheet every Monday by noon** to: Chantilly, VA–Lonnie Hayes at lhayes@trueap.com
Hagerstown, MD–Josh Daniels at jdaniels@trueap.com

TRAINING	NUTRITION	DETOX	LIFESTYLE	SOCIAL MEDIA																																			
<p>TRAIN MORE CONSISTENTLY</p> <ul style="list-style-type: none"> Your goal is to earn 7 points per week Each training session is designed by the experts at TrueAP to help shed fat and build lean muscle. <p>IN-PERSON WORKOUT: 2 POINTS APP BASED WORKOUT: 1 POINT</p>	<p>2 BALANCED MEALS AND 2 PROTEIN SPIKES</p> <ul style="list-style-type: none"> Your goal is to eat 2 "balanced meals" and 2 additional "protein spikes" every day. Each meal must include a lean protein, vegetable, healthy fat, and water. Each protein spike should be BETWEEN 12-20 grams. Please review your "balanced meal" cheat sheet. 	<p>AVOID, SUGAR, GLUTEN, AND ALCOHOL</p> <ul style="list-style-type: none"> Your goal is to avoid sugar, gluten, and alcohol during the challenge Please review your "Detox" cheat sheet. 	<p>COMPLETE 1 HEALTHY HABIT</p> <ul style="list-style-type: none"> Your goal is pick one healthy habit and complete that habit each day during the challenge. Some examples are: <ul style="list-style-type: none"> Read for 15 mins Turn screens off by 9pm No Social Media Meditate for 5 mins Keep a daily gratitude journal 	<p>SOCIAL MEDIA</p> <ul style="list-style-type: none"> Your goal is to post at least 3x per week during the challenge. Options are: <ul style="list-style-type: none"> "check-in" to True Athlete Performance or nZone and include #TrueAPChallenge Tag @trueap and include #TrueAPChallenge Tag @trueap and include #TrueAPChallenge 																																			
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Submit your score by emailing:
 Chantilly, VA–**Lonnie Hayes** at lhayes@trueap.com
 Hagerstown, MD–**Josh Daniels** at jdaniels@trueap.com

WEEKLY CHALLENGE (3 POINTS) <input type="checkbox"/> Yes <input type="checkbox"/> No
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TOTAL SCORE OUT OF A POSSIBLE 34
