




DAILY TRACKING SHEET



- The challenge starts **Monday, June 20th**
- 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 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 weekEach training session is designed by the experts at TrueAP to help shed fat and build lean muscle.	<p>2 BALANCED MEALS AND 1 PROTEIN SPIKE</p> <ul style="list-style-type: none">Your goal is to eat 2 "balanced meals" and 1 additional "protein spike" 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 challengePlease 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 minsTurn screens off by 9pmNo Social MediaMeditate for 5 minsKeep 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 Hagerstown Sports Club and Fitness and include #TrueAPChallenge Tag @trueap and include #TrueAPChallenge Tag @trueap and include #TrueAPChallenge																																			
<p>IN-PERSON WORKOUT: 2 POINTS APP BASED WORKOUT: 1 POINT</p>	<p>EACH DAY: 1 POINT</p>	<p>EACH DAY: 1 POINT</p>	<p>EACH DAY: 1 POINT</p>	<p>EACH DAY: 1 POINT</p>																																			
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<p>TRAINING SCORE (OUT OF 7 POINTS)</p>	<p>NUTRITION SCORE (OUT OF 7 POINTS)</p>	<p>DETOX SCORE (OUT OF 7 POINTS)</p>	<p>LIFESTYLE SCORE (OUT OF 7 POINTS)</p>	<p>SOCIAL MEDIA SCORE (OUT OF 3 POINTS)</p>																																			

Submit your score by emailing:
Josh Daniels at jdaniels@trueap.com

WEEKLY CHALLENGE (3 POINTS)

Yes

No

TOTAL SCORE

OUT OF A POSSIBLE 34