SPLATS FITNESS CHALLENGE LOG

Fill in the chart below with your fitness results for **part one (P1)** and **part two (P2)**. You can take the Fitness Challenge every day, or just a few days a week. At the end of the week, fill in your best results!
We recommend you do the challenge at least once a week so you can track your progress.

Feel free to print this form, fill-in directly, or make your own version on a piece of paper. **Get Unruly!**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	HIGH SCORE
WEEK 1	P1: P2:	P1: P2:	P1: P2:	P1: P2:	P1: P2:	P1: P2:	P1: P2:	P1: P2:
WEEK 2	P1: P2:	P1: P2:	P1: P2:	P1: P2:	P1: P2:	P1: P2:	P1: P2:	P1: P2:
WEEK 3	P1: P2:	P1: P2:	P1: P2:	P1: P2:	P1: P2:	P1: P2:	P1: P2:	P1: P2:
WEEK 4	P1: P2:	P1: P2:	P1: P2:	P1: P2:	P1: P2:	P1: P2:	P1: P2:	P1: P2: