



Your Name: _____

Date Started: _____

Summer Challenge Winners Receive:

First Prize: 25% of the total pot + One Hour Personal Training Session + 1 piece of DJFE Merch

Second Prize: One Free Hour Personal Training Session + 1 Piece of DJFE Merch

Third Prize: 2 free fitness classes

\$25 Buy In

Point Tally:

5 Points for Every Private Training Session (PT)

3 Points for Every 1 Hour Fitness Class (FC)

2 Points for Weight Loss (WL)

1 Point for Every 30 minutes of Exercise - Cardio or Weights (CW)

1 Point for at Least 2 Fruits or Veggies Daily (FV)

1 Point for at least 8 Glasses of Water Daily – 64 ounces (W)

-1 Point for Weight Gained (WG)

	5 Points For Private Training Session (PT)	3 Points for Every 1 Hour Fitness Class (FC)	2 Points for Weight Loss (WL)	1 Point for every 30 Minutes of Cardio or Weights (CW)	1 Point for 2 Fruits or Veggies Daily (FV)	1 Point for at least 8 Glasses of Water Daily – 64 ounces (W)	Weekly SubTotal	-1 Point for Weight Gained (WG)	Totals
Week #1 (Jun 1 - Jun 7)							0	0	0
Week #2 (Jun 8 - Jun 14)							0	0	0
Week #3 (Jun 15 - Jun 21)							0	0	0
Week #4 (Jun 22 - Jun 28)							0	0	0
Week #5 (Jun 29 - Jul 5)							0	0	0
Week #6 (Jul 6 - Jul 12)							0	0	0
Week #7 (Jul 13 - Jul 19)							0	0	0
Week #8 (Jul 20 - Jul 26)							0	0	0
Final Weigh-In - Jul 27							0	0	0
Grand Total									0

RULES

Weights are not legitimate unless you take a picture of your feet with the weight # and send it to Dana each check in week.
 Points for Cardio or Exercise minutes must be recorded in MapMyFitness. Live fitness recordings only. Not plug ins after the fact.