XCELL PERFORMANCE GROUP

HOLIDAY FITNESS CHALLENGE 2016

Name:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	log time on line	log time on line	log time on line	log time on line	log time on line	log time on line	log time on line
	Log on-own and coached sessions here						
SWIM							
BIKE							
RUN							
WALK							
STRENGTH/CORE							
CLASS:							
Type of Group Class							
(swim, strength, bike, etc)							
CHAL:_____							
(name of Challenge)							
CHAL:_____							
(or type of workout not listed)							
CHAL:_____							
CHAL:_____							
CHAL:_____							
CHAL:_____							
CHAL:_____							
CHAL:_____							

Race														
Race														