| | Chris | | | Anne | | | Ann-Marie | | | Jen Snyder | | | Melanie | | | Karl | | | Markus (JohnTheCat) | | | Adam | | | Stacey | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Start Date | Actual | Goal | Over/ under | Actual | Goal | Over/ under | Actual | Goal | Over/ under | Actual | Goal | Over/ under | Actual | Goal | Over/ under | Actual | Goal | Over/ under | Actual | Goal | Over/ under | Actual | Goal | Over/ under | Actual | Goal | Over/ under | Actual | Goal | Over/ under | Actual | Goal | Over/ under | Actual | Goal | Over/ under |
| 1-Apr | 210.9 | 208.0 | -2.9 | 158 | 153.0 | -5.0 | 109 | 107.0 | -2.0 | 135.8 | 128.0 | -7.8 | 192.8 | 185.6 | -7.2 | 273.8 | 260.0 | -13.8 | 207 | 195.0 | -12.0 | 177 | 173.0 | -4.0 | 133 | 126.0 | -7.0 | 100 | | -100.0 | 100 | | -100.0 | 100 | | -100.0 | 100 | | -100.0 |
| 8-Apr | 212.2 | 210.4 | 2.1 | 157.4 | 157.0 | 0.4 | 108.8 | 108.5 | 0.3 | 134.4 | 134.5 | 0.0 | 190.8 | 191.6 | 0.2 | 270 | 271.5 | -1.5 | | 205.0 | | 177.0 | 176.3 | -1.3 | 131.8 | 131.8 | 0.0 | | 83.3 | | | 83.3 | | | 83.3 | | | 83.3 | |
| 15-Apr | 211.8 | 209.9 | 1.7 | 158 | 156.0 | 2.0 | | 108.0 | | 133.5 | 133.2 | 0.4 | 189.0 | 190.4 | 2.6 | | 269.2 | | | 203.0 | | 176.3 | 175.7 | -1.7 | | 130.7 | | | 66.7 | | | 66.7 | | | 66.7 | | | 66.7 | |
| 22-Apr | | 209.5 | | | 155.0 | | | 107.5 | | 134.1 | 131.9 | 2.7 | 189.8 | 189.2 | 1.6 | | 266.9 | | | 201.0 | | 175.7 | 175.0 | -2.0 | | 129.5 | | | 50.0 | | | 50.0 | | | 50.0 | | | 50.0 | |
| 29-Apr | | 209.0 | | | 154.0 | | | 107.0 | | 134.1 | 130.6 | 3.8 | 190 | 188.0 | 2.0 | | 264.6 | | | 199.0 | | 175.7 | 174.3 | -2.3 | | 128.3 | | | 33.3 | | | 33.3 | | | 33.3 | | | 33.3 | |
| | | 208.5 | | | 153.0 | | | 107.0 | | | 129.3 | | 190.8 | 186.8 | 4.0 | | 262.3 | | | 197.0 | | | 173.7 | | | 127.2 | | | 16.7 | | | 16.7 | | | 16.7 | | | 16.7 | |
| | | 208.0 | | | | | | 107.0 | | | 128.0 | | | 185.6 | | | 260.0 | | | 195.0 | | | 173.0 | | | 126.0 | | | 0.0 | | | 0.0 | | | 0.0 | | | 0.0 | |

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Weekly Points | 0 | | | 0 | | | 0 | | | 0 | | | 0 | | | 1 | | | 0 | | | 4 | | | 6 | | | 0 | | | 0 | | | 0 | | | 0 | |
| Starting Weight | 210.9 | | | 158 | | | 109 | | | 135.8 | | | 192.8 | | | 273.8 | | | 207 | | | 177 | | | 133 | | | 100 | | | 100 | | | 100 | | | 100 | |
| Last Weigh-in | 211.6 | | | 157.4 | | | 108.8 | | | 134.4 | | | 190.8 | | | 270.0 | | | 207.0 | | | 177.0 | | | 131.8 | | | 100.0 | | | 100 | | | 100 | | | 100 | |
| Total lbs lost | -0.7 | | | 0.6 | | | 0.2 | | | 1.4 | | | 2.0 | | | 3.8 | | | 0.0 | | | 0.0 | | | 1.2 | | | 0.0 | | | 0 | | | 0 | | | 0 | |
| lbs yet to lose | **3.6** | | | **4.4** | | | **1.8** | | | **6.4** | | | **5.2** | | | **10.0** | | | **12.0** | | | **4.0** | | | **5.8** | | | **100.0** | | | **100** | | | **100** | | | **100** | |
| Goal Weight | 208 | | | 153 | | | 107 | | | 128 | | | 185.6 | | | 260 | | | 195 | | | 173 | | | 128 | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| weight loss goal | 2.9 | | | 5.0 | | | 2.0 | | | 7.8 | | | 7.2 | | | 13.8 | | | 12 | | | 4 | | | 7 | | | 100 | | | 100 | | | 100 | | | 100 | |
| lbs/week goal | 0.5 | | | 0.8 | | | 0.3 | | | 1.3 | | | 1.2 | | | 2.3 | | | 2.0 | | | 0.7 | | | 1.2 | | | 16.7 | | | 16.7 | | | 16.7 | | | 16.7 | |
| % loss goal | 1.4% | | | 3.2% | | | 1.8% | | | 5.7% | | | 3.7% | | | 5.0% | | | 5.8% | | | 2.3% | | | 5.3% | | | 100.0% | | | 100.0% | | | 100.0% | | | 100.0% | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 0 | | | 0 | | | 0 | | | 0 | | | 0 | | | 1 | | | 0 | | | 1 | | | 1 | | | 0 | | | 0 | | | 0 | | | 0 | |
| | 0 | | | 0 | | | 0 | | | 0 | | | 0 | | | 0 | | | 0 | | | 1 | | | 0 | | | 0 | | | 0 | | | 0 | | | 0 | |
| | 0 | | | 0 | | | 0 | | | 0 | | | 0 | | | 0 | | | 0 | | | 1 | | | 0 | | | 0 | | | 0 | | | 0 | | | 0 | |
| | 0 | | | 0 | | | 0 | | | 0 | | | 0 | | | 0 | | | 0 | | | 1 | | | 0 | | | 0 | | | 0 | | | 0 | | | 0 | |
| | 0 | | | 0 | | | 0 | | | 0 | | | 0 | | | 0 | | | 0 | | | 0 | | | 0 | | | 0 | | | 0 | | | 0 | | | 0 | |

Fill in the number of days that you were active. The calculator will tally a point for each week that has 6 or more days.

| Name/Week Starting | Janyne | Chris | Karen | Melanie | Karl | Markus | Robin | Jen Snyder | Marysia | Stacey | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 1-Apr | 7 | 4 | 5 | 5 | 6 | | 6 | 7 | 7 | 3 | |
| 8-Apr | 7 | 4 | 7 | 4 | 5 | | 6 | 7 | 6 | | |
| 15-Apr | 7 | | 7 | 7 | | | | 5 | 7 | | |
| 22-Apr | 7 | | 7 | 6 | | | | 7 | 6 | | |
| 29-Apr | 7 | | 7 | 6 | | | | 6 | 4 | | |
| | | | | | | | | | | | |
| | | | | | | | | | | | |
| | | | | | | | | | | | |
| Total Points | 5 | 0 | 4 | 3 | 1 | 0 | 2 | 4 | 4 | 0 | 0 |
| | 1 | 0 | 0 | 0 | 1 | 0 | 1 | 1 | 1 | 0 | 0 |
| | 1 | 0 | 1 | 0 | 0 | 0 | 1 | 1 | 1 | 0 | 0 |
| | 1 | 0 | 1 | 1 | 0 | 0 | 0 | 0 | 1 | 0 | 0 |
| | 1 | 0 | 1 | 1 | 0 | 0 | 0 | 1 | 1 | 0 | 0 |
| | 1 | 0 | 1 | 1 | 0 | 0 | 0 | 1 | 0 | 0 | 0 |
| | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

Simply enter a "Yes" or "No" from the drop down for each week. "Yes" would indicate you have hit your goal on 6 or 7 days of the week. The calculator will tally a point for each successful week. Also, include a description of your eating

| Name | Chris | Anne | Melanie | Karl | Robin | Marysia | Markus | Stacey |
|---|---|---|---|---|---|---|---|---|
| Notes | Cut out between meal snacking. Eat reasonable sized meals.Log meals and body stats | Control portion sizes. Log food on MFP. One "cheat day" per week | Cut down work snacking. Add more veggies to lunch and supper. | Portion control. Limit starchy foods & increase veggies + lean proteins | log meals, stay within macros | Eat breakfast min 4 days per 5 work-days week | | No sugar, no flour, no snacking and weigh and measure food |
| 1-Apr | No | No | Yes | Yes | No | Yes | No | No |
| 8-Apr | No | No | Yes | No | No | Yes | No | No |
| 15-Apr | No | No | No | No | No | Yes | No | No |
| 22-Apr | No | No | No | No | No | Yes | No | No |
| 29-Apr | No | No | Yes | No | No | Yes | No | No |
| | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |
| Total | 0 | 0 | 3 | 1 | 0 | 5 | 0 | 0 |

Insert your total mileage goal for the challenge. Then, enter your weekly totals and the calculator will add a point for the weeks that you hit the average. If the final goal is meet, you will receive 6 points.

| Name --> | Tommy Example | | | | Markus | | | | Marysia: run | | | | Stacey (km) | | | | Manatee | | | | Manatee | | | | Manatee | | | | Manatee | | | | Manatee | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Actual | Goal | Over/ under | % over / under | Actual | Goal | Over/ under | % over / under | Actual | Goal | Over/ under | % over / under | Actual | Goal | Over/ under | % over / under | Actual | Goal | Over/ under | % over / under | Actual | Goal | Over/ under | % over / under | Actual | Goal | Over/ under | % over / under | Actual | Goal | Over/ under | % over / under | Actual | Goal | Over/ under | % over / under |
| 1-Apr | 15.0 | 20.0 | -5.0 | -25% | | | | | 14 | 15 | -1.2 | -8% | 16.9 | 45.0 | | | | | | | | | | | | | | | | 0.0 | | | | 0.0 | | |
| 8-Apr | 21.0 | 20.0 | 1.0 | 5% | | | | | 10 | 15 | -5.4 | -36% | | 45.0 | | | | | | | | | | | | | | | | 0.0 | | | | 0.0 | | |
| 15-Apr | | 20.0 | | | | | | | 15 | 15 | 0.2 | 2% | | 45.0 | | | | | | | | | | | | | | | | 0.0 | | | | 0.0 | | |
| 22-Apr | | 20.0 | | | | | | | 8 | 15 | -6.6 | -44% | | 45.0 | | | | | | | | | | | | | | | | 0.0 | | | | 0.0 | | |
| 29-Apr | | 20.0 | | | | | | | 3.1 | 15 | -11.9 | -79% | | 45.0 | | | | | | | | | | | | | | | | 0.0 | | | | 0.0 | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 0.0 | | |
| Weekly Points | 1 | | | | 0 | | | | 1 | | | | 0 | | | | 0 | | | | 0 | | | | 0 | | | | 0 | | | | 0 | | | |
| Total Mileage Goal | 120 | | | | 100 | | | | 80 | | | | 225 | | | | 0 | | | | 0 | | | | 0 | | | | 270 | | | | 270 | | | |
| Last Week | 21.0 | | | | 10 | | | | 3.1 | | | | 16.9 | | | | Actual | | | | Actual | | | | Actual | | | | Actual | | | | Actual | | | |
| Current Mileage | 36.0 | | | | 0.0 | | | | 50 | | | | 208.1 | | | | #VALUE! | | | | #VALUE! | | | | #VALUE! | | | | #VALUE! | | | | #VALUE! | | | |
| Left to go | **84.0** | | | | **100.0** | | | | **30** | | | | **-28.1** | | | | **#VALUE!** | | | | **#VALUE!** | | | | **#VALUE!** | | | | **#VALUE!** | | | | **#VALUE!** | | | |
| Weekly Mileage Goal | 20 | | | | 4000 | | | | 21 | | | | 45 | | | | 25 | | | | | | | | 50 | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 0 | | -5 | | 0 | | 0 | | 0 | | -1.2 | | 0 | | 0 | | | | | | | | | | | | | | | | | | 0 | | 0 | |
| | 1 | | 1 | | 0 | | 0 | | 0 | | -5.4 | | 0 | | 0 | | | | | | | | | | | | | | | | | | 0 | | 0 | |
| | 0 | | 0 | | 0 | | 0 | | 1 | | 0.2 | | 0 | | 0 | | | | | | | | | | | | | | | | | | 0 | | 0 | |
| | 0 | | 0 | | 0 | | 0 | | 0 | | -6.6 | | 0 | | 0 | | | | | | | | | | | | | | | | | | 0 | | 0 | |
| | 0 | | 0 | | 0 | | 0 | | 0 | | -11.9 | | 0 | | 0 | | | | | | | | | | | | | | | | | | 0 | | 0 | |
| | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | | | | | | | | | | | | | | | | | 0 | | 0 | |

Fill your goal at the beginning of the challenge and in the number of days that you were active each week. The calculator will tally a point for each week you meet or exceed your goal

Goals may be different for those doing strength training versus those doing PT so be sure to set your individual targets.

| Name/Week Starting | Janyne | Karen | Ann-Marie | Markus | Adam | Marysia | Robin P | Stacey | Manatee | Manatee |
|---|---|---|---|---|---|---|---|---|---|---|
| 1-Apr | 2 | 7 | | | | 2 | 2 | 0 | | |
| 8-Apr | 2 | 7 | | | | 1 | 1 | | | |
| 15-Apr | 2 | 7 | | | | 4 | | | | |
| 22-Apr | 2 | 7 | | | | 3 | | | | |
| 29-Apr | 2 | 7 | | | | 3 | | | | |
| | | | | | | | | | | |
| GOAL | 2 | 7 | 3 | 5 | 3 | 3 | 5 | 5 | 2 | 2 |
| | | | | | | | | | | |
| Total Points | 5 | 5 | 0 | 0 | 0 | 3 | 0 | 0 | 0 | 0 |
| | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 1 | 1 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 |
| | 1 | 1 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 |
| | 1 | 1 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 |
| | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |