

Personal Score Card

Week 1							
Weigh In							
Affirmations							
Workout	RECOVERY	Strength/TKD	Cycling	Strength/TKD	Cycling	Forms	Cycling
Yoga							
Get Outside!							
Meditation							
Top 3							
READ/AUDIO							
# of Desserts							
Affirmations							
Review Stats							
Coach Staff							
Teach A class							