Date	Day of the Week		Pushups	Pullups	Legups	Run	Bike	Swim	Core	Low Intensity	Wildcard	High Inntensity Bonus	Challenges		Challenges	Drink no soft	Eat 3 servings of	Try a new sport	Eat a fruit and	Drink 6 cups of		Eat a healthy	Cook something	Order a low	No dessert for a
		Daily Score	Enter total reps	Enter total rows plus 2 x total pull ups	Enter total reps	Enter total miles	Enter total miles	Enter total yards	Enter total minutes	Enter total minutes (minimun 15 to score)	Enter total (max 4 per day)	Enter 1 or leave blank	Enter total number of challenge points earned each	Keep track number of challenge points earned each week	Each challenge is worth a different amount of points put them in the challenge coumn		vegetables/fruits today 100 pts	Try a new sport each hour is 80 pts	vegetable every day 50 pts	Drink 6 cups of water today 50 pts	Sleep 7 hours 50pts, 8 hours 100 pts, 9 hours 150 pts	breakfast 125 pts	scratch istead of buying it 150 pts	a restaurant 80	day 50 pts
			1	2	1	150	50	0.4	15	5	500	200	week		them in the challenge countri	125	100	80	50	50		125	150	80	50
11/30/201	Mon	0																							
12/1/2015	Tue	0																							
12/2/2015	Wed	0																							
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12/14/201	Mon	0																							
12/15/201	Tue	0																							
12/16/201	Wed	0																							
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