Fitness & Motivators.com

Name ______________________________ Telephone# ______________________________

Email ______________________________ Current Fitness Level (before Challenge) ______________________________

Class(es) Registered In

Location	Name of Class	Days

DATE	ACTIVITY	TIME	POINTS	NOTES
3/1/2009	BONUS! Officially Registering for Challenge!		**10**	

YOU DID IT!		**TOTAL POINTS**		**CONGRATULATIONS!**

COMMENTS

At the end of the session, give your completed Activity Log to your instructor.

Winners will be notified and posted on our website.