

**CROSSFIT EXPRESS 28 DAY PALEO CHALLENGE**

Name:

	Before	After
Body Weight:		
Measurement total:		

	Week One							Week Two							Week Three							Week Four						
	M	T	W	R	F	S	S	M	T	W	R	F	S	S	M	T	W	R	F	S	S	M	T	W	R	F	S	S
<b>PALEO CHALLENGE LOG</b>																												
<i>Real/Paleo Encouraged food +3</i>																												
<i>Moderation food +1</i>																												
<i>Dairy/Grains/Sugar -5</i>																												
<i>Legumes -5</i>																												
<i>Processed food -5</i>																												
<i>Alcohol -5</i>																												
<i>3 serving of fruit &amp; veg +10</i>																												
<i>Sleep 8 hrs +10</i>																												
<i>WOD or workout +3</i>																												
<i>Fish oil supplement +3</i>																												
<i>Rest day with Foam rolling +5</i>																												
<i>Daily bonus +15</i>																												
<b>DAILY TOTAL</b>																												
<b>RUNNING TOTAL</b>																												
<b>TOTAL SCORE</b>																												