PALEO CHALLENGE POINT TRACKER

	ADD POINT FOR EVERY THING YOU DO					SUBTRACT POINT FOR EVERY SERVING YOU EAT OR DRINK				
DATE	15 PER DAY	2+ WOD	1+ 64OZ H2O	1+ 7+ HRS OF SLEEP	1+ SUPPLEMENTS	1- PROCESSED MEATS	2- DAIRY PRODUCTS	3- GRAINS	4- JUNK FOOD	TOTAL
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***See CrossFit Envy Paleo Challenge 2013 information packet for specifics

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MEASURMENTS										
			DATE			DATE				
			WAIST			WAIST				
			HIP			HIP				
			WEIGHT			WEIGHT				
			WOD			WOD				

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