

&K05-023Challenge 10 Weight Chart

59 West Fitness Challenge Weekly Team Cardio Log

Name	Members Name Here							
EQUIPMENT	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Treadmill	1/9/12	1/10/12	1/11/12	1/12/12	1/13/12	1/14/12	1/15/12	
Time								0
Mileage								0
Calories								0
Eliptacle								
Time								0
Mileage								0
Calories								0
Bike								
Time								0
Mileage								0
Calories								0
Running								
Time								0
Mileage								0
Calories								0
Walking								
Time								0
Mileage								0
Other								
Time								0
Mileage								0

Team Totals	
Treadmill	
0	Minutes
0	Miles
0	Calories
Eliptacle	
0	Minutes
0	Miles
0	Calories
Bike	
0	Minutes
0	Miles
0	Calories
Running	
0	Minutes
0	Miles
Walking	
0	Minutes
0	Miles
Other	
0	Minutes
0	Miles

Name	Members Name Here							
EQUIPMENT	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Treadmill	1/9/12	1/10/12	1/11/12	1/12/12	1/13/12	1/14/12	1/15/12	
Time								0
Mileage								0
Calories								0
Eliptacle								
Time								0
Mileage								0
Calories								0
Bike								
Time								0
Mileage								0
Calories								0
Running								
Time								0
Mileage								0
Calories								0
Walking								
Time								0
Mileage								0
Other								
Time								0
Mileage								0

Name	Members Name Here							
EQUIPMENT	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Treadmill	1/9/12	1/10/12	1/11/12	1/12/12	1/13/12	1/14/12	1/15/12	
Time								0
Mileage								0
Calories								0
Eliptacle								
Time								0
Mileage								0
Calories								0
Bike								
Time								0
Mileage								0
Calories								0
Running								
Time								0
Mileage								0
Calories								0
Walking								
Time								0
Mileage								0
Other								
Time								0
Mileage								0

Name	Members Name Here							
EQUIPMENT	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Treadmill	1/9/12	1/10/12	1/11/12	1/12/12	1/13/12	1/14/12	1/15/12	
Time								0
Mileage								0
Calories								0
Eliptacle								
Time								0
Mileage								0

&K05-023Challenge 10 Weight Chart

59 West Fitness Challenge Weekly Team Cardio Log								
Members Name Here								
Name	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
EQUIPMENT								
Treadmill	1/16/12	1/17/12	1/18/12	1/19/12	1/20/12	1/21/12	1/22/12	
Time								0
Mileage								0
Calories								0
Eliptacle								
Time								0
Mileage								0
Calories								0
Bike								
Time								0
Mileage								0
Calories								0
Running								
Time								0
Mileage								0
Walking								
Time								0
Mileage								0
Other								
Time								0
Mileage								0

Members Name Here								
Name	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
EQUIPMENT								
Treadmill	1/16/12	1/17/12	1/18/12	1/19/12	1/20/12	1/21/12	1/22/12	
Time								0
Mileage								0
Calories								0
Eliptacle								
Time								0
Mileage								0
Calories								0
Bike								
Time								0
Mileage								0
Calories								0
Running								
Time								0
Mileage								0
Walking								
Time								0
Mileage								0
Other								
Time								0
Mileage								0

Members Name Here								
Name	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
EQUIPMENT								
Treadmill	1/16/12	1/17/12	1/18/12	1/19/12	1/20/12	1/21/12	1/22/12	
Time								0
Mileage								0
Calories								0
Eliptacle								
Time								0
Mileage								0
Calories								0
Bike								
Time								0
Mileage								0
Calories								0
Running								
Time								0
Mileage								0
Walking								
Time								0
Mileage								0
Other								
Time								0
Mileage								0

Members Name Here								
Name	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
EQUIPMENT								
Treadmill	1/16/12	1/17/12	1/18/12	1/19/12	1/20/12	1/21/12	1/22/12	
Time								0
Mileage								0
Calories								0
Eliptacle								
Time								0
Mileage								0
Calories								0
Bike								
Time								0
Mileage								0
Calories								0
Running								
Time								0
Mileage								0
Walking								
Time								0
Mileage								0
Other								
Time								0
Mileage								0

Members Name Here								
Name	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
EQUIPMENT								
Treadmill	1/16/12	1/17/12	1/18/12	1/19/12	1/20/12	1/21/12	1/22/12	
Time								0
Mileage								0
Calories								0
Eliptacle								
Time								0
Mileage								0
Calories								0
Bike								
Time								0
Mileage								0
Calories								0
Running								
Time								0
Mileage								0
Walking								
Time								0
Mileage								0
Other								
Time								0
Mileage								0

Team Totals	
Treadmill	0
Minutes	0
Miles	0
Calories	0
Eliptacle	0
Minutes	0
Miles	0
Calories	0
Bike	0
Minutes	0
Miles	0
Calories	0
Running	0
Minutes	0
Miles	0
Walking	0
Minutes	0
Miles	0
Other	0
Minutes	0
Miles	0

&K05-023Challenge 10 Weight Chart

59 West Fitness Challenge Weekly Team Cardio Log								
Name	Members Name Here							
EQUIPMENT	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Treadmill	1/23/12	1/24/12	1/25/12	1/26/12	1/27/12	1/28/12	1/29/12	
Time								0
Mileage								0
Calories								0
Eliptacle								
Time								0
Mileage								0
Calories								0
Bike								
Time								0
Mileage								0
Calories								0
Running								
Time								0
Mileage								0
Walking								
Time								0
Mileage								0
Other								
Time								0
Mileage								0

Name	Members Name Here							
EQUIPMENT	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Treadmill	1/23/12	1/24/12	1/25/12	1/26/12	1/27/12	1/28/12	1/29/12	
Time								0
Mileage								0
Calories								0
Eliptacle								
Time								0
Mileage								0
Calories								0
Bike								
Time								0
Mileage								0
Calories								0
Running								
Time								0
Mileage								0
Walking								
Time								0
Mileage								0
Other								
Time								0
Mileage								0

Name	Members Name Here							
EQUIPMENT	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Treadmill	1/23/12	1/24/12	1/25/12	1/26/12	1/27/12	1/28/12	1/29/12	
Time								0
Mileage								0
Calories								0
Eliptacle								
Time								0
Mileage								0
Calories								0
Bike								
Time								0
Mileage								0
Calories								0
Running								
Time								0
Mileage								0
Walking								
Time								0
Mileage								0
Other								
Time								0
Mileage								0

Name	Members Name Here							
EQUIPMENT	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Treadmill	1/23/12	1/24/12	1/25/12	1/26/12	1/27/12	1/28/12	1/29/12	
Time								0
Mileage								0
Calories								0
Eliptacle								
Time								0
Mileage								0
Calories								0
Bike								
Time								0
Mileage								0
Calories								0
Running								
Time								0
Mileage								0
Walking								
Time								0
Mileage								0
Other								
Time								0
Mileage								0

Name	Members Name Here							
EQUIPMENT	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Treadmill	1/23/12	1/24/12	1/25/12	1/26/12	1/27/12	1/28/12	1/29/12	
Time								0
Mileage								0
Calories								0
Eliptacle								
Time								0
Mileage								0
Calories								0
Bike								
Time								0
Mileage								0
Calories								0
Running								
Time								0
Mileage								0
Walking								
Time								0
Mileage								0
Other								
Time								0
Mileage								0

Team Totals	
Treadmill	0
Minutes	0
Miles	0
Calories	0
Eliptacle	0
Minutes	0
Miles	0
Calories	0
Bike	0
Minutes	0
Miles	0
Calories	0
Running	0
Minutes	0
Miles	0
Walking	0
Minutes	0
Miles	0
Other	0
Minutes	0
Miles	0

&K05-023Challenge 10 Weight Chart

59 West Fitness Challenge Weekly Team Cardio Log								
Name	Members Name Here							
EQUIPMENT	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Treadmill	1/30/12	1/31/12	2/1/12	2/2/12	2/3/12	2/4/12	2/5/12	
Time								0
Mileage								0
Calories								0
Eliptacle								
Time								0
Mileage								0
Calories								0
Bike								
Time								0
Mileage								0
Calories								0
Running								
Time								0
Mileage								0
Walking								
Time								0
Mileage								0
Other								
Time								0
Mileage								0

Name	Members Name Here							
EQUIPMENT	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Treadmill	1/30/12	1/31/12	2/1/12	2/2/12	2/3/12	2/4/12	2/5/12	
Time								0
Mileage								0
Calories								0
Eliptacle								
Time								0
Mileage								0
Calories								0
Bike								
Time								0
Mileage								0
Calories								0
Running								
Time								0
Mileage								0
Walking								
Time								0
Mileage								0
Other								
Time								0
Mileage								0

Name	Members Name Here							
EQUIPMENT	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Treadmill	1/30/12	1/31/12	2/1/12	2/2/12	2/3/12	2/4/12	2/5/12	
Time								0
Mileage								0
Calories								0
Eliptacle								
Time								0
Mileage								0
Calories								0
Bike								
Time								0
Mileage								0
Calories								0
Running								
Time								0
Mileage								0
Walking								
Time								0
Mileage								0
Other								
Time								0
Mileage								0

Name	Members Name Here							
EQUIPMENT	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Treadmill	1/30/12	1/31/12	2/1/12	2/2/12	2/3/12	2/4/12	2/5/12	
Time								0
Mileage								0
Calories								0
Eliptacle								
Time								0
Mileage								0
Calories								0
Bike								
Time								0
Mileage								0
Calories								0
Running								
Time								0
Mileage								0
Walking								
Time								0
Mileage								0
Other								
Time								0
Mileage								0

Name	Members Name Here							
EQUIPMENT	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Treadmill	1/30/12	1/31/12	2/1/12	2/2/12	2/3/12	2/4/12	2/5/12	
Time								0
Mileage								0
Calories								0
Eliptacle								
Time								0
Mileage								0
Calories								0
Bike								
Time								0
Mileage								0
Calories								0
Running								
Time								0
Mileage								0
Walking								
Time								0
Mileage								0
Other								
Time								0
Mileage								0

Team Totals	
Treadmill	0
Minutes	0
Miles	0
Calories	0
Eliptacle	0
Minutes	0
Miles	0
Calories	0
Bike	0
Minutes	0
Miles	0
Calories	0
Running	0
Minutes	0
Miles	0
Walking	0
Minutes	0
Miles	0
Other	0
Minutes	0
Miles	0

&K05-023Challenge 10 Weight Chart

59 West Fitness Challenge Weekly Team Cardio Log								
Name	Members Name Here							
EQUIPMENT	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Treadmill	2/13/12	2/14/12	2/15/12	2/16/12	2/17/12	2/18/12	2/19/12	
Time								0
Mileage								0
Calories								0
Eliptacle								
Time								0
Mileage								0
Calories								0
Bike								
Time								0
Mileage								0
Calories								0
Running								
Time								0
Mileage								0
Walking								
Time								0
Mileage								0
Other								
Time								0
Mileage								0

Name	Members Name Here							
EQUIPMENT	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Treadmill	2/13/12	2/14/12	2/15/12	2/16/12	2/17/12	2/18/12	2/19/12	
Time								0
Mileage								0
Calories								0
Eliptacle								
Time								0
Mileage								0
Calories								0
Bike								
Time								0
Mileage								0
Calories								0
Running								
Time								0
Mileage								0
Walking								
Time								0
Mileage								0
Other								
Time								0
Mileage								0

Name	Members Name Here							
EQUIPMENT	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Treadmill	2/13/12	2/14/12	2/15/12	2/16/12	2/17/12	2/18/12	2/19/12	
Time								0
Mileage								0
Calories								0
Eliptacle								
Time								0
Mileage								0
Calories								0
Bike								
Time								0
Mileage								0
Calories								0
Running								
Time								0
Mileage								0
Walking								
Time								0
Mileage								0
Other								
Time								0
Mileage								0

Name	Members Name Here							
EQUIPMENT	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Treadmill	2/13/12	2/14/12	2/15/12	2/16/12	2/17/12	2/18/12	2/19/12	
Time								0
Mileage								0
Calories								0
Eliptacle								
Time								0
Mileage								0
Calories								0
Bike								
Time								0
Mileage								0
Calories								0
Running								
Time								0
Mileage								0
Walking								
Time								0
Mileage								0
Other								
Time								0
Mileage								0

Name	Members Name Here							
EQUIPMENT	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Treadmill	2/13/12	2/14/12	2/15/12	2/16/12	2/17/12	2/18/12	2/19/12	
Time								0
Mileage								0
Calories								0
Eliptacle								
Time								0
Mileage								0
Calories								0
Bike								
Time								0
Mileage								0
Calories								0
Running								
Time								0
Mileage								0
Walking								
Time								0
Mileage								0
Other								
Time								0
Mileage								0

Team Totals	
Treadmill	0
Minutes	0
Miles	0
Calories	0
Eliptacle	0
Minutes	0
Miles	0
Calories	0
Bike	0
Minutes	0
Miles	0
Calories	0
Running	0
Minutes	0
Miles	0
Walking	0
Minutes	0
Miles	0
Other	0
Minutes	0
Miles	0

&K05-023Challenge 10 Weight Chart

59 West Fitness Challenge Weekly Team Cardio Log								
Name	Members Name Here							
EQUIPMENT	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Treadmill	2/20/12	2/21/12	2/22/12	2/23/12	2/24/12	2/25/12	2/26/12	
Time								0
Mileage								0
Calories								0
Eliptacle								
Time								0
Mileage								0
Calories								0
Bike								
Time								0
Mileage								0
Calories								0
Running								
Time								0
Mileage								0
Walking								
Time								0
Mileage								0
Other								
Time								0
Mileage								0

Name	Members Name Here							
EQUIPMENT	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Treadmill	2/20/12	2/21/12	2/22/12	2/23/12	2/24/12	2/25/12	2/26/12	
Time								0
Mileage								0
Calories								0
Eliptacle								
Time								0
Mileage								0
Calories								0
Bike								
Time								0
Mileage								0
Calories								0
Running								
Time								0
Mileage								0
Walking								
Time								0
Mileage								0
Other								
Time								0
Mileage								0

Name	Members Name Here							
EQUIPMENT	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Treadmill	2/20/12	2/21/12	2/22/12	2/23/12	2/24/12	2/25/12	2/26/12	
Time								0
Mileage								0
Calories								0
Eliptacle								
Time								0
Mileage								0
Calories								0
Bike								
Time								0
Mileage								0
Calories								0
Running								
Time								0
Mileage								0
Walking								
Time								0
Mileage								0
Other								
Time								0
Mileage								0

Name	Members Name Here							
EQUIPMENT	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Treadmill	2/20/12	2/21/12	2/22/12	2/23/12	2/24/12	2/25/12	2/26/12	
Time								0
Mileage								0
Calories								0
Eliptacle								
Time								0
Mileage								0
Calories								0
Bike								
Time								0
Mileage								0
Calories								0
Running								
Time								0
Mileage								0
Walking								
Time								0
Mileage								0
Other								
Time								0
Mileage								0

Name	Members Name Here							
EQUIPMENT	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Treadmill	2/20/12	2/21/12	2/22/12	2/23/12	2/24/12	2/25/12	2/26/12	
Time								0
Mileage								0
Calories								0
Eliptacle								
Time								0
Mileage								0
Calories								0
Bike								
Time								0
Mileage								0
Calories								0
Running								
Time								0
Mileage								0
Walking								
Time								0
Mileage								0
Other								
Time								0
Mileage								0

Team Totals	
Treadmill	0
Minutes	0
Miles	0
Calories	0
Eliptacle	0
Minutes	0
Miles	0
Calories	0
Bike	0
Minutes	0
Miles	0
Calories	0
Running	0
Minutes	0
Miles	0
Walking	0
Minutes	0
Miles	0
Other	0
Minutes	0
Miles	0

