

TALLY SHEET FOR CRAZY '08 CHALLENGE

			LUNGES	CARDIO	CORE	ARMS	CALVES	DIET
WEEK 1	Monday	14						
January	Tuesday	15						
	Wednesday	16						
	Thursday	17						
	Friday	18						
	Saturday	19						
TOTAL			0	0	0	0	0	0
WEEK 2	Monday	21						
January	Tuesday	22						
	Wednesday	23						
	Thursday	24						
	Friday	25						
	Saturday	26						
TOTAL			0	0	0	0	0	0
WEEK 3	Monday	28						
January	Tuesday	29						
	Wednesday	30						
	Thursday	31						
February	Friday	1						
	Saturday	2						
TOTAL			0	0	0	0	0	0
WEEK 4	Monday	4						
February	Tuesday	5						
	Wednesday	6						
	Thursday	7						
	Friday	8						
	Saturday	9						
TOTAL			0	0	0	0	0	0
WEEK 5	Monday	11						
February	Tuesday	12						
	Wednesday	13						
	Thursday	14						
	Friday	15						
	Saturday	16						
TOTAL			0	0	0	0	0	0
WEEK 6	Monday	18						
February	Tuesday	19						
	Wednesday	20						
	Thursday	21						
	Friday	22						
	Saturday	23						
TOTAL			0	0	0	0	0	0
WEEK 7	Monday	25						
February	Tuesday	26						
	Wednesday	27						
	Thursday	28						
	Friday	29						
March	Saturday	1						
TOTAL			0	0	0	0	0	0

WEEK 8	Monday	3						
March	Tuesday	4						
	Wednesday	5						
	Thursday	6						
	Friday	7						
	Saturday	8						
TOTAL			0	0	0	0	0	0
WEEK 9	Monday	10						
March	Tuesday	11						
	Wednesday	12						
	Thursday	13						
	Friday	14						
	Saturday	15						
TOTAL			0	0	0	0	0	0
WEEK 10	Monday	17						
March	Tuesday	18						
	Wednesday	19						
	Thursday	20						
	Friday	21						
	Saturday	22						
TOTAL			0	0	0	0	0	0
WEEK 11	Monday	24						
March	Tuesday	25						
	Wednesday	26						
	Thursday	27						
	Friday	28						
	Saturday	29						
TOTAL			0	0	0	0	0	0
WEEK 12	Monday	31						
April	Tuesday	1						
	Wednesday	2						
	Thursday	3						
	Friday	4						
	Saturday	5						
TOTAL			0	0	0	0	0	0
WEEK 13	Monday	7						
April	Tuesday	8						
	Wednesday	9						
	Thursday	10						
	Friday	11						
	Saturday	12						
TOTAL			0	0	0	0	0	0
WEEK 14	Monday	14						
April	Tuesday	15						
	Wednesday	16						
	Thursday	17						
	Friday	18						
	Saturday	19						
TOTAL			0	0	0	0	0	0