

TALLY SHEET FOR CRAZY '08 CHALLENGE

			LOWER BODY	CARDIO MINUTES	CORE	UPPER BODY	CARDIO MILES	DIET DAYS
WEEK 1	Thursday	1						
May	Friday	2						
	Saturday	3						
	Monday	5						
	Tuesday	6						
	Wednesday	7						
TOTAL			0	0	0	0	0	0
WEEK 2	Thursday	8						
May	Friday	9						
	Saturday	10						
	Monday	12						
	Tuesday	13						
	Wednesday	14						
TOTAL			0	0	0	0	0	0
WEEK 3	Thursday	15						
May	Friday	16						
	Saturday	17						
	Monday	19						
	Tuesday	20						
	Wednesday	21						
TOTAL			0	0	0	0	0	0
WEEK 4	Thursday	22						
May	Friday	23						
	Saturday	24						
	Monday	26						
	Tuesday	27						
	Wednesday	28						
TOTAL			0	0	0	0	0	0