

30-Day Tabata Challenge Tracker

From the 30-Day Challenge Series & *Eat. Drink & be Skinny!*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Day --- <input type="checkbox"/> Challenger's Choice: -----	Day --- <input type="checkbox"/> Tabata Workout	Day --- <input type="checkbox"/> Challenger's Choice: -----	Day --- <input type="checkbox"/> Tabata Workout	Day --- <input type="checkbox"/> Challenger's Choice: -----	Day --- <input type="checkbox"/> REST	Day --- <input type="checkbox"/> Tabata Workout
Day --- <input type="checkbox"/> Challenger's Choice: -----	Day --- <input type="checkbox"/> Tabata Workout	Day --- <input type="checkbox"/> Challenger's Choice: -----	Day --- <input type="checkbox"/> Tabata Workout	Day --- <input type="checkbox"/> Challenger's Choice: -----	Day --- <input type="checkbox"/> REST	Day --- <input type="checkbox"/> Tabata Workout
Day --- <input type="checkbox"/> Challenger's Choice: -----	Day --- <input type="checkbox"/> Tabata Workout	Day --- <input type="checkbox"/> Challenger's Choice: -----	Day --- <input type="checkbox"/> Tabata Workout	Day --- <input type="checkbox"/> Challenger's Choice: -----	Day --- <input type="checkbox"/> REST	Day --- <input type="checkbox"/> Tabata Workout
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Day --- <input type="checkbox"/> Challenger's Choice: -----	Day --- <input type="checkbox"/> Tabata Workout	Day --- <input type="checkbox"/> Challenger's Choice: -----	Beginning Measurements Bust:___ Waist:___ Abs:___ Thighs:___ Weight: ----- Body Fat: -----	Final Measurements Bust:___ Waist:___ Abs:___ Thighs:___ Weight: ----- Body Fat: -----	Beginning Performance 1a: Push-ups ---- 1b Dips: ---- 2a: Steps ---- 2b Squats: ---- 3a: Crunches ---- 3b Knee/elbow: ----	Final Performance 1a: Push-ups ---- 1b Dips: ---- 2a: Steps ---- 2b Squats: ---- 3a: Crunches ---- 3b Knee/elbow: ----