

# THE GARAGE4150



## Paleo Team Challenge

Athlete: \_\_\_\_\_

Week: \_\_\_\_\_

Name:	Water:	Sleep Hours:
Day of Week: 1 2 3 4 5 6 7		Comments:
WOD:		
Comments on performance:		
Did you PR?:		
<b>FOOD</b>		
Breakfast:		
Lunch:		
Dinner:		
Snack/other:		
Comments:		

Name:	Water:	Sleep Hours:
Day of Week: 1 2 3 4 5 6 7		Comments:

WOD:

Comments on performance:

Did you PR?:

**FOOD**

Breakfast:

Lunch:

Dinner:

Snack/other:

Comments:

Name:	Water:	Sleep Hours:
Day of Week: 1 2 3 4 5 6 7		Comments:

WOD:

Comments on performance:

Did you PR?:

**FOOD**

Breakfast:

Lunch:

Dinner:

Snack/other:

Comments:

Name:	Water:	Sleep Hours:
Day of Week: 1 2 3 4 5 6 7		Comments:

WOD:

Comments on performance:

Did you PR?:

**FOOD**

Breakfast:

Lunch:

Dinner:

Snack/other:

Comments:

Name:	Water:	Sleep Hours:
Day of Week: 1 2 3 4 5 6 7		Comments:

WOD:

Comments on performance:

Did you PR?:

**FOOD**

Breakfast:

Lunch:

Dinner:

Snack/other:

Comments:

Name:	Water:	Sleep Hours:
Day of Week: 1 2 3 4 5 6 7		Comments:

WOD:

Comments on performance:

Did you PR?:

**FOOD**

Breakfast:

Lunch:

Dinner:

Snack/other:

Comments:

Name:	Water:	Sleep Hours:
Day of Week: 1 2 3 4 5 6 7		Comments:

WOD:

Comments on performance:

Did you PR?:

**FOOD**

Breakfast:

Lunch:

Dinner:

Snack/other:

Comments: