

# MONTH 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 1</b>	Take your "Day 1" pics & stats MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min. <input style="width: 40px; height: 20px;" type="text"/> sec.	MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min. <input style="width: 40px; height: 20px;" type="text"/> sec.	MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min. <input style="width: 40px; height: 20px;" type="text"/> sec.	MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min. <input style="width: 40px; height: 20px;" type="text"/> sec.	MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min. <input style="width: 40px; height: 20px;" type="text"/> sec.	REST	REST
<b>WEEK 2</b>	MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min. <input style="width: 40px; height: 20px;" type="text"/> sec.	MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min. <input style="width: 40px; height: 20px;" type="text"/> sec.	MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min. <input style="width: 40px; height: 20px;" type="text"/> sec.	MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min. <input style="width: 40px; height: 20px;" type="text"/> sec.	MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min. <input style="width: 40px; height: 20px;" type="text"/> sec.	REST	REST
<b>WEEK 3</b>	MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min. <input style="width: 40px; height: 20px;" type="text"/> sec.	MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min. <input style="width: 40px; height: 20px;" type="text"/> sec.	MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min. <input style="width: 40px; height: 20px;" type="text"/> sec.	MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min. <input style="width: 40px; height: 20px;" type="text"/> sec.	MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min. <input style="width: 40px; height: 20px;" type="text"/> sec.	REST	REST
<b>WEEK 4</b>	MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min. <input style="width: 40px; height: 20px;" type="text"/> sec.	MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min. <input style="width: 40px; height: 20px;" type="text"/> sec.	MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min. <input style="width: 40px; height: 20px;" type="text"/> sec.	MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min. <input style="width: 40px; height: 20px;" type="text"/> sec.	MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min. <input style="width: 40px; height: 20px;" type="text"/> sec.	REST	REST  Take your "Day 30" pics & stats

# MONTH 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 1</b>	MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min. <input style="width: 40px; height: 20px;" type="text"/> sec.	MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min. <input style="width: 40px; height: 20px;" type="text"/> sec.	MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min. <input style="width: 40px; height: 20px;" type="text"/> sec.	MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min. <input style="width: 40px; height: 20px;" type="text"/> sec.	MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min. <input style="width: 40px; height: 20px;" type="text"/> sec.	REST	REST
<b>WEEK 2</b>	MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min. <input style="width: 40px; height: 20px;" type="text"/> sec.	MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min. <input style="width: 40px; height: 20px;" type="text"/> sec.	MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min. <input style="width: 40px; height: 20px;" type="text"/> sec.	MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min. <input style="width: 40px; height: 20px;" type="text"/> sec.	MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min. <input style="width: 40px; height: 20px;" type="text"/> sec.	REST	REST
<b>WEEK 3</b>	MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min. <input style="width: 40px; height: 20px;" type="text"/> sec.	MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min. <input style="width: 40px; height: 20px;" type="text"/> sec.	MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min. <input style="width: 40px; height: 20px;" type="text"/> sec.	MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min. <input style="width: 40px; height: 20px;" type="text"/> sec.	MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min. <input style="width: 40px; height: 20px;" type="text"/> sec.	REST	REST
<b>WEEK 4</b>	MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min. <input style="width: 40px; height: 20px;" type="text"/> sec.	MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min. <input style="width: 40px; height: 20px;" type="text"/> sec.	MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min. <input style="width: 40px; height: 20px;" type="text"/> sec.	MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min. <input style="width: 40px; height: 20px;" type="text"/> sec.	MAX OUT: <input style="width: 40px; height: 20px;" type="text"/> min. <input style="width: 40px; height: 20px;" type="text"/> sec.		<b>CHALLENGE COMPLETE!</b>  Take your "Day 60" pics & stats