



PLAYER NAME: _____

Use this sheet to record your pre-Challenge (baseline) and post-Challenge (final) measurements.

BASELINE

FINAL

HEALTH

CIRCLE ONE:
Weight, Waist/Hips, Body Fat %

RECORD **BASELINE** MEASUREMENT:

RECORD **FINAL** MEASUREMENT:

FITNESS

WORKOUT DESCRIPTION:

RECORD **BASELINE** MEASUREMENT:

RECORD **FINAL** MEASUREMENT:

Once you complete your baseline measurement, enter your results into the game by going to play.wholelifechallenge.com, then selecting "Game Profile" from the menu, and then selecting "Measurements" from the sub-menu.

Repeat for final measurements.

Your inputs there will determine your final position on your Team's leaderboard.