



WEEKLY TASK TRACKER

NAME: _____

Week of _____

Have your parents initial the boxes that you accomplish to claim your points

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Attend Online Class (5 Points) (Max 2 per week)							
Watch and follow a recorded class (5 Points)							
Watch/Practice Training Video for 20Min. (2 Points)							
Post your training pic/video on FB/IG (2 Points)							
Stretch Legs for 10Min. (2 Points)							
Help with breakfast/lunch/dinner or do dishes (1 Point each)							
Clean Your Room (1point each)							
Learn to tie your belt and send us a video (1point each)							

Add up your total points and take a picture of the chart and email it to owingstk@sbcglobal.net by 8pm on each week on Saturday

TOTAL POINTS _____

