



**LOARING CONSISTENCY CHALLENGE – NOVEMBER 2023  
EXERCISE TRACKING LOGSHEET**

PARTICIPANT NAME: \_\_\_\_\_

DAY	ACTIVITY TYPE	DURATION (minimum 30min)	COMPLETED (Y/N)
1			
2			
3			
4			
5			
6			
7			
8			
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11			
12			
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21			
22			
23			
24			
25			
26			
27			
28			
29			
30			

TOTAL # DAYS COMPLETED: \_\_\_\_\_ / 30  
 # OF MISSED DAYS: \_\_\_\_\_ / \$5.00 suggested donation per missed day

RUCK ON: Y / N  
 HONOUR A SOLDIER: Y / N (minimum \$10 donation to "Soldier On"/ tax receipts for \$10+)  
 # BONUS POINTS ACHIEVED: \_\_\_\_\_ / 2