



F(all) Star Challenge

Workout Log

DATE	TOTAL GYM WORKOUT	OTHER MOVEMENT (WALK, YOGA, HIKE, ETC.)	FALL WIN (ONE WORD / PHRASE)
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			



F(all) Star Challenge

Workout Log

DATE	TOTAL GYM WORKOUT	OTHER MOVEMENT (WALK, YOGA, HIKE, ETC.)	FALL WIN (ONE WORD / PHRASE)
16.			
17.			
18.			
19.			
20.			
21.			
22.			
23.			
24.			
25.			
26.			
27.			
28.			
29.			
30.			