



4 WEEKS. 4 WEIGH-INS. 1 RESULT.

1. You must be registered to take part in this challenge.
2. A minimum of **3 sessions per week** is required.
3. Initial weigh-ins must be completed by:

4. The final weigh-in will be:



YOURZONE45

www.yourzone45.co.uk

4 WEEK

WEIGHT LOSS CHALLENGE

This is a 4 week challenge to see who can lose the highest percentage of body weight!

INITIAL WEIGHT (KG)

WEEK 1

DATE COMMENCING

SESSION	SESSION	SESSION
1	2	3

WEIGHT (KG)

% LOST

WEEK 2

DATE COMMENCING

SESSION	SESSION	SESSION
1	2	3

WEIGHT (KG)

% LOST

WEEK 3

DATE COMMENCING

SESSION	SESSION	SESSION
1	2	3

WEIGHT (KG)

% LOST

WEEK 4

DATE COMMENCING

SESSION	SESSION	SESSION
1	2	3

WEIGHT (KG)

% LOST

TOTAL % LOST

See rules on reverse.

NAME