

# BE YOU 2021



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
EG X Fight 100	EG PowerWave 80			1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## What is your BE YOU resolution?

I will give up (circle one or more)  
You will earn a maximum of **250 points**

Chocolates/Sweets    Alcohol

Crisps    Biscuits/Cakes

## BE YOU Points

1 hour class = 100    45 min class = 80  
Up to 30 mins = 60

## Bonus Points

Do 2 or more workouts in a day = 30  
Share photo/video of workout in IFOW = 20

## Total Score

Calendar \_\_\_\_\_  
BE YOU resolution \_\_\_\_\_  
Body Weight \_\_\_\_\_

**TOTAL**