Winter Transformation Challenge template!

Week 1

Photo Submitted (with 4UBF starting pic):

Waist measurement:

Fitness Test Scores

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Push-ups | Jump Squats | Inverted Rows | Step ups | Plank |
|  |  |  |  |  |

Week 4 Check in

Photo Submitted (with 4UBF starting pic):

Waist measurement:

Fitness Test Scores

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Push-ups | Jump Squats | Inverted Rows | Step ups | Plank |
|  |  |  |  |  |

Week 8 Check in

Photo Submitted (with 4UBF starting pic):

Waist measurement:

Fitness Test Scores

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Push-ups | Jump Squats | Inverted Rows | Step ups | Plank |
|  |  |  |  |  |

Week 12 Final results

Photo Submitted (with 4UBF starting pic):

Waist measurement:

Fitness Test Scores

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Push-ups | Jump Squats | Inverted Rows | Step ups | Plank |
|  |  |  |  |  |