



AIRDYNE BIKE Challenge

May 6th - May 30th

TRACKING CARD



NAME: _____

WEEK 1

ATTEMPT 1: CALORIES ATTEMPT 2: CALORIES

WEEK 2

ATTEMPT 1: CALORIES ATTEMPT 2: CALORIES

WEEK 3

ATTEMPT 1: CALORIES ATTEMPT 2: CALORIES

WEEK 4

ATTEMPT 1: CALORIES ATTEMPT 2: CALORIES

CALORIES **TOTALS** CALORIES

OVERALL TOTAL