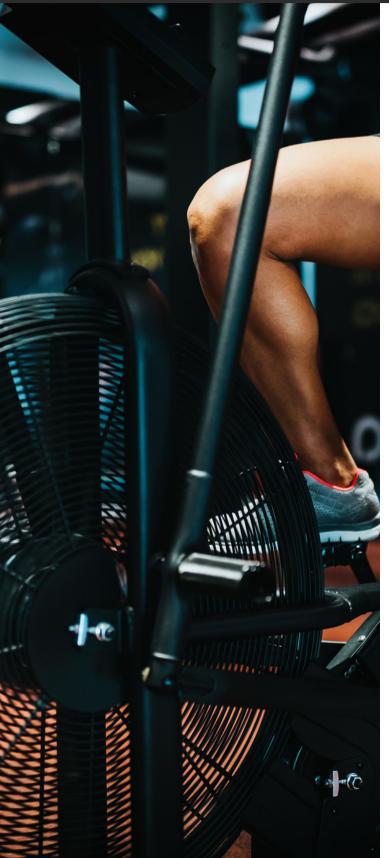


## AIRDYNE BIKE Challenge

May6th - May 30th

## **TRACKING CARD**



NAME:

WEEK 1

**CALORIES CALORIES** 

ATTEMPT 1: **ATTEMPT 2:** 

WEEK 2

**CALORIES CALORIES** ATTEMPT 1: **ATTEMPT 2:** 

WEEK 3

**CALORIES CALORIES** ATTEMPT 1: ATTEMPT 2:

WEEK 4

**CALORIES CALORIES** ATTEMPT 1: **ATTEMPT 2:** 

**CALORIES** 

**TOTALS** 

**CALORIES** 

**OVERVALL TOTAL**