



COCHUSA Fitness Challenge

MRCF

Name: _____

Gender: _____

Church Name: _____

Diocese: _____

Directions: Circle the number if that goal is met for the week. Place an 'X' on the number if that goal is not met for the week.

Weekly Goals

Spiritual Goal 1: _____

Mental Goal 2: _____

Physical Goal 3: _____

Ages

18-34

35-49

50

	Week 1			Week 2			Week 3			Week 4			Week 5		
September	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
October	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
November	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
December	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
January	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
February	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
March	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
April	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
May	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3

