Sponsors:

Redwood Area Community Center

Redwood Area Hospital

KLGR

RACC
REDWOOD AREA
COMMUNITY CENTER
901 Cook Street • Redwood Falls, MN 56283
Phone: 507-644-2333 • Fax 507-644-2199
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100 Fallwood Road
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507-637-4500

KLGR Country 1490 AM

Mix 97.7 KLGR FM Redwood Falls

Filename: RACConestepchallenge   Rev. 9/10

RACC One-Step Challenge

Goals for Week

_____

_____

_____

	Breakfast	Lunch	Dinner
Sunday			
Monday			
Tuesday			

Warm up set: 50% of workout weight (_____reps)
Workout set(s): Recorded weight (_____-_____ reps)
If _____reps: Increase workout weight 5-10%

Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps

Goals for Week

_____

_____

_____

	Breakfast	Lunch	Dinner
Sunday			
Monday			
Tuesday			

Warm up set: 50% of workout weight (_____reps)
Workout set(s): Recorded weight (_____-_____ reps)
If _____reps: Increase workout weight 5-10%

Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps

Name_____

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Month:	Day:	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps
Exercise	*Notes*				

Snacks	Activity

Name_____

_____

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Month:	Day:	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps
Exercise	*Notes*				

Snacks	Activity

	Breakfast	Lunch	Dinner
Wednesday			
Thursday			
Friday			
Saturday			

Warm up set: 50% of workout weight (_____reps)
Workout set(s): Recorded weight (_____-_____ reps)
If _____reps: Increase workout weight 5-10%

Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps

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	Breakfast	Lunch	Dinner
Wednesday			
Thursday			
Friday			
Saturday			

Warm up set: 50% of workout weight (_____reps)
Workout set(s): Recorded weight (_____-_____ reps)
If _____reps: Increase workout weight 5-10%

Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps

Name_____

Month:	Day:				
Exercise	*Notes*	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps

Snacks	Activity

Name_____

Month:	Day:				
Exercise	*Notes*	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps

Snacks	Activity

Goals for Week

_____

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Warm up set: 50% of workout weight (_____reps)
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	Breakfast	Lunch	Dinner
Sunday			
Monday			
Tuesday			

Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps

Goals for Week

_____

_____

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Warm up set: 50% of workout weight (_____reps)
Workout set(s): Recorded weight (_____-_____ reps)
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	Breakfast	Lunch	Dinner
Sunday			
Monday			
Tuesday			

Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps

Name_____

Month:	Day:	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps
Exercise	*Notes*				

Snacks	Activity

Name_____

Month:	Day:	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps
Exercise	*Notes*				

Snacks	Activity

	Breakfast	Lunch	Dinner
Wednesday			
Thursday			
Friday			
Saturday			

Snacks	Activity

	Breakfast	Lunch	Dinner
Wednesday			
Thursday			
Friday			
Saturday			

Snacks	Activity

	Breakfast	Lunch	Dinner
Wednesday			
Thursday			
Friday			
Saturday			

Snacks	Activity

	Breakfast	Lunch	Dinner
Wednesday			
Thursday			
Friday			
Saturday			

Snacks	Activity

Goals for Week

Week of_____

_____   _____

_____   _____

_____   _____

	Breakfast	Lunch	Dinner
Sunday			
Monday			
Tuesday			

Snacks	Activity

Goals for Week

Week of_____

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_____   _____

_____   _____

	Breakfast	Lunch	Dinner
Sunday			
Monday			
Tuesday			

Snacks	Activity

Goals for Week

Week of_____

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	Breakfast	Lunch	Dinner
Sunday			
Monday			
Tuesday			

Snacks	Activity

Goals for Week

Week of_____

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	Breakfast	Lunch	Dinner
Sunday			
Monday			
Tuesday			

Snacks	Activity

	Breakfast	Lunch	Dinner
Wednesday			
Thursday			
Friday			
Saturday			

Snacks	Activity

Week of_____

	Breakfast	Lunch	Dinner
Wednesday			
Thursday			
Friday			
Saturday			

Snacks	Activity

	Breakfast	Lunch	Dinner
Wednesday			
Thursday			
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Saturday			

Snacks	Activity

	Breakfast	Lunch	Dinner
Wednesday			
Thursday			
Friday			
Saturday			

Snacks	Activity

Goals for Week

Week of_____

_____   _____

_____   _____

_____   _____

	Breakfast	Lunch	Dinner
Sunday			
Monday			
Tuesday			

Snacks	Activity

Goals for Week

Week of_____

_____   _____

_____   _____

_____   _____

	Breakfast	Lunch	Dinner
Sunday			
Monday			
Tuesday			

Snacks	Activity

Goals for Week

_____ _____

_____ _____

_____ _____

	Breakfast	Lunch	Dinner
Sunday			
Monday			
Tuesday			

Snacks	Activity

Goals for Week

_____ _____

_____ _____

_____ _____

	Breakfast	Lunch	Dinner
Sunday			
Monday			
Tuesday			

Snacks	Activity

	Breakfast	Lunch	Dinner
Wednesday			
Thursday			
Friday			
Saturday			

Snacks	Activity

	Breakfast	Lunch	Dinner
Wednesday			
Thursday			
Friday			
Saturday			

Snacks	Activity

	Breakfast	Lunch	Dinner
Wednesday			
Thursday			
Friday			
Saturday			

Snacks	Activity

Week of_____

	Breakfast	Lunch	Dinner
Wednesday			
Thursday			
Friday			
Saturday			

Snacks	Activity

Goals for Week   Week of_____

_____   _____

_____   _____

_____   _____

	Breakfast	Lunch	Dinner
Sunday			
Monday			
Tuesday			

Snacks	Activity

Goals for Week   Week of_____

_____   _____

_____   _____

_____   _____

	Breakfast	Lunch	Dinner
Sunday			
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Tuesday			

Snacks	Activity