



For bonus details: <http://www.gametimestrength.com/total-health-challenge-week-3>

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	T	W	Th	F	Sat	Sun	M	Total Bonus	Notes
Nutrition Up to 3 bonus	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input style="border: 2px solid green;" type="text"/>	<input type="text"/>
Training Up to 2 bonus	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input style="border: 2px solid green;" type="text"/>	<input type="text"/>
Sleep/Recovery Up to 3 bonus	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input style="border: 2px solid green;" type="text"/>	<input type="text"/>