

BELT GRADING CHART

NAME: _____

	DIET	TRAINING	ACTIVITY	GROWTH	WORKOUT
WHITE BELT	LOGGED FOOD INTAKE 14 TIMES OVER ANY 30 DAY PERIOD	RECORDED 6 TRAINING SESSIONS OVER ANY 30 DAY PERIOD	RECORDED AN AVERAGE OF 6K STEPS OVER ANY 30 DAY PERIOD	PERFORMED 1 FINISHER DURING ANY 30 DAY PERIOD	COMPLETED A WHITE WORKOUT
ORANGE BELT	LOGGED IDEAL WATER INTAKE 14 TIMES OVER ANY 30 DAY PERIOD	RECORDED 24 TRAINING SESSIONS	RECORDED AN AVERAGE OF 8K STEPS OVER ANY 30 DAY PERIOD	PERFORMED 3 FINISHERS DURING ANY 30 DAY PERIOD	COMPLETED AN ORANGE WORKOUT
RED BELT	HIT CALORIE TARGET WITH 80% COMPLIANCE OVER ANY 30 DAY PERIOD	RECORDED 60 TRAINING SESSIONS	RECORDED AN AVERAGE OF 10K STEPS OVER ANY 30 DAY PERIOD	PERFORMED 10 FINISHERS DURING ANY 30 DAY PERIOD OR ANY 5K CHALLENGE	COMPLETED A RED WORKOUT
BROWN BELT	HIT CALORIE TARGET WITH 90% COMPLIANCE OVER ANY 30 DAY PERIOD	RECORDED 100 TRAINING SESSIONS	RECORDED AN AVERAGE OF 10K STEPS OVER ANY 30 DAY PERIOD AND STARTED A NEW ACTIVITY/SPORT	PERFORMED 15 FINISHERS DURING ANY 30 DAY PERIOD OR ANY 5K CHALLENGE	COMPLETED A BROWN WORKOUT
BLACK BELT	HIT CALORIE & MACRO TARGET WITH 80% COMPLIANCE OVER ANY 60 DAY PERIOD	RECORDED 300 TRAINING SESSIONS	RECORDED AN AVERAGE OF 10K STEPS OVER ANY 30 DAY PERIOD AND STARTED A NEW ACTIVITY/SPORT	PERFORMED 30 FINISHERS DURING ANY 30 DAY PERIOD OR ANY 10K CHALLENGE	COMPLETED A BLACK WORKOUT <small>(Devised for individual by coaching team)</small>

EACH TARGET TO BE STAMPED BY A TRAINER WHEN COMPLETED