

THE SCOREBOARD LOG — FULL 12-WEEK SET

Sheet 1 — The Scoreboard Log — Full 12-Week Set

The rules, from Chapter 2: weigh in weekly; run the full card every four weeks; same day, same conditions, same test versions every time. The standard: the scale goes down; every other line holds or rises.

Checkpoint — Checkpoint 1 — Baseline

Field	Value
Date	
Weight	
Waist	
Chair stands	
Grip	
Push-ups (version)	
Loaded carry (load / distance)	
Sleep average	
Photo filed	
Bone line (Appendix F)	

Checkpoint — Checkpoint 2 — Week 4

Field	Value
Date	
Weight	
Waist	
Chair stands	
Grip	
Push-ups (version)	
Loaded carry (load / distance)	
Sleep average	
Photo filed	
Bone line (Appendix F)	

Checkpoint — Checkpoint 3 — Week 8

Field	Value
Date	
Weight	
Waist	

Field	Value
Chair stands	
Grip	
Push-ups (version)	
Loaded carry (load / distance)	
Sleep average	
Photo filed	
Bone line (Appendix F)	

Checkpoint — Checkpoint 4 — Week 12

Field	Value
Date	
Weight	
Waist	
Chair stands	
Grip	
Push-ups (version)	
Loaded carry (load / distance)	

Field	Value
Sleep average	
Photo filed	
Bone line (Appendix F)	