

Create your own Fitness Challenge - choose a different exercise daily

Day 1

<u>Walk/ Run</u>	<u>Distance Completed</u>	<u>Time Taken</u>
<u>Other Cardio Exercise</u>	<u>Number Completed</u>	
<u>Lower Body Exercise</u>	<u>Number Completed</u>	
<u>Upper Body Exercise</u>	<u>Number Completed</u>	
<u>Core Exercise</u>	<u>Number Completed</u>	

Walk/ Run

Distance Completed

Time Taken

<u>Other Cardio Exercise</u>	<u>Number Completed</u>	
<u>Lower Body Exercise</u>	<u>Number Completed</u>	
<u>Upper Body Exercise</u>	<u>Number Completed</u>	
<u>Core Exercise</u>	<u>Number Completed</u>	

Walk/ Run


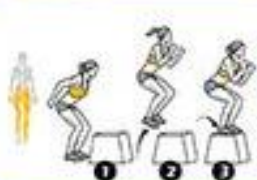
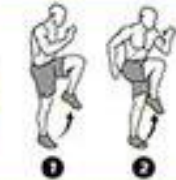

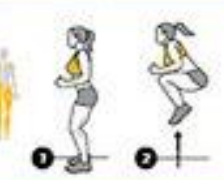



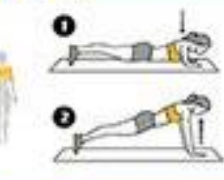

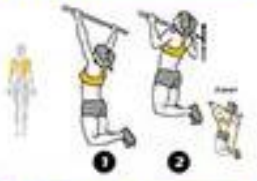

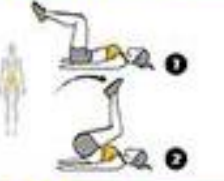
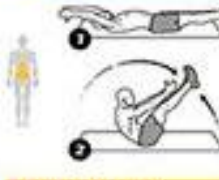
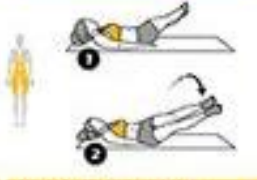


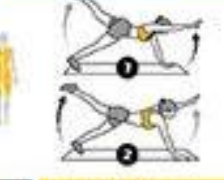
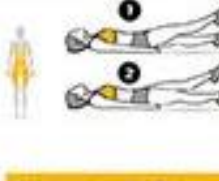





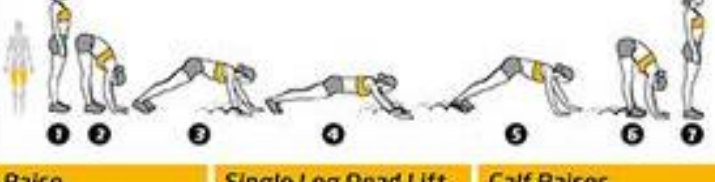





Distance Completed

Time Taken

<u>Other Cardio Exercise</u>	<u>Number Completed</u>	
<u>Lower Body Exercise</u>	<u>Number Completed</u>	
<u>Upper Body Exercise</u>	<u>Number Completed</u>	
<u>Core Exercise</u>	<u>Number Completed</u>	

Day 4

<u>Walk/ Run</u>	<u>Distance Completed</u>	<u>Time Taken</u>
<u>Other Cardio Exercise</u>	<u>Number Completed</u>	
<u>Lower Body Exercise</u>	<u>Number Completed</u>	
<u>Upper Body Exercise</u>	<u>Number Completed</u>	
<u>Core Exercise</u>	<u>Number Completed</u>	

Cardio	Step-Up	Box Jumps	High Knees	Mountain Climber	Tuck Jumps
					
Cardio	Jumping Jacks	Burpee	Upper Body	Pike Push-Up	Push-Up
					
Upper Body	Tricep Dip	Pull-up	Core	Crunch	Reverse Crunch
					
Core	V-Up	Windshield Wiper	Lying Leg Lift	Side Plank	Alternate Arm/Leg Plank
					
Core	Flutter Kicks	Bicycle Crunches	Leg Pull-In	Russian Twist	Back
					
Back	Bodyweight Row	Swimmer	Lower Body	Inchworm	
					
Lower Body	Squat	Lunge	Hip Raise	Single Leg Dead Lift	Calf Raises
					
Lower Body	Donkey Kicks	Single Leg Squat	Fire Hydrant	Single Leg Split Squat	Walking Toe Touches
	