

# WEEKLY WORKOUT CHALLENGE

I CAN'T CHANGE THE DIRECTION OF THE WIND, BUT I CAN ADJUST MY SAILS  
TO ALWAYS REACH MY DESTINATION.

TUES-24

WED-25

THUR-26

FRI-27

SAT-28

SUN-29

MON-30

30 min cardio OR  
15min cardio x2  
• walk/run  
• bike/ hike

30 min cardio OR  
15min cardio x2  
• walk/run  
• bike/ hike

**Rest**

30 min cardio OR  
15min cardio x2  
• walk/run  
• bike/ hike

30 min cardio OR  
15min cardio x2  
• walk/run  
• bike/ hike

30 min cardio OR  
15min cardio x2  
• walk/run  
• bike/ hike

**Rest**

**15 mins  
Stretch**

**15 mins  
Stretch**

**20 mins  
Stretch**

**15 mins  
Stretch**

**15 mins  
Stretch**

**15 mins  
Stretch**

**20 mins  
Stretch**

**15 mins  
Strength**

**15 mins  
Strength**

**Rest**

**15 mins  
Strength**

**15 mins  
Strength**

**15 mins  
Strength**

**Rest**

**15 mins  
Balance**

**15 mins  
Balance**

**20 mins  
Balance**

**15 mins  
Balance**

**15 mins  
Balance**

**15 mins  
Balance**

**20 mins  
Balance**

Drink at least  
32oz of water

Drink at least  
32oz of water

Drink at least  
32oz of water

Drink at least  
32oz of water

Drink at least  
32oz of water

Drink at least  
32oz of water

Drink at least 32  
oz of water