WEEKLY WORKOUT CHALLENGE

EXERCISE IS A CELEBRATION OF WHAT YOUR BODY CAN DO!
HAVE YOU CELEBRATED TODAY?

WED-15	THUR-16	FRI-17	SAT-18	SUN-19	MON-20	TUES-21
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 64oz of water	Drink at least 64oz of water	Drink at least 64oz of water	Drink at least 64oz of water	Drink at least 64oz of water	Drink at least 64oz of water	Drink at least 64oz of water