



THE WORKOUT CHALLENGE

ACTIVITY TRACKER

www.theworkoutchallenge.org

Remember to schedule in 4 REST DAYS

		PUSH-UPS	LUNGES	SQUATS	SIT-UPS	TOTAL
EXAMPLE		25, 15, 10 awesome!	50 nailed it!	10, 10, 5, try again tomorrow	25, 25	175
DAY 1	03-Jan					
DAY 2	04-Jan					
DAY 3	05-Jan					
DAY 4	06-Jan					
DAY 5	07-Jan					
DAY 6	08-Jan					
DAY 7	09-Jan					
DAY 8	10-Jan					
DAY 9	11-Jan					
DAY 10	12-Jan					
DAY 11	13-Jan					
DAY 12	14-Jan					
DAY 13	15-Jan					
DAY 14	16-Jan					
DAY 15	17-Jan					
DAY 16	18-Jan					
DAY 17	19-Jan					
DAY 18	20-Jan					
DAY 19	21-Jan					
DAY 20	22-Jan					
DAY 21	23-Jan					
DAY 22	24-Jan					
DAY 23	25-Jan					
DAY 24	26-Jan					
DAY 25	27-Jan					
DAY 26	28-Jan					
DAY 27	29-Jan					
DAY 28	30-Jan					
DAY 29	31-Jan					
MY GOAL 5,000 reps helping 5,000 girls					MY GRAND TOTAL	