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Week # _____

Instructions: Track your progress by checking off each exercise you complete daily using the below fitness log.

Goal: The goal of this challenge is to keep moving and complete 12 days of simple strengthening exercises including planks, push-ups, lunges and more. Each workout will take approximately 5 minutes to complete.

The Anywhere Workout Challenge

	Burpees	Bicycles	Crunches	Lunges	Planks	Push-ups
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						

Keep Moving – Together is more than a fitness challenge. We're a team and a family that will cheer you on and keep you motivated, while you reach and conquer your goals.