

THREE WEEK EXERCISE CHALLENGE



WEEK ONE: one ten minute workout on five days

Activity Completed: Activity completed: Activity completed: Activity completed: Activity completed:

WEEK TWO: two ten minute workouts on five days

Activity 1: Activity 1: Activity 1: Activity 1: Activity 1:

Activity 2: Activity 2: Activity 2: Activity 2: Activity 2:

WEEK THREE: three ten minute workouts on five days

Activity 1: Activity 1: Activity 1: Activity 1: Activity 1:

Activity 2: Activity 2: Activity 2: Activity 2: Activity 2:

Activity 3 Activity 3 Activity 3 Activity 3 Activity 3