


7 DAY FITNESS CHALLENGE

I CAN DO THIS!



Make a note each day of the exercise you have done 

MONDAY

Challenge 1

Sit Ups

Press Ups

Air Squats

Challenge 2

Plank Hold

Time

Challenge 3

Mini HIIT

Rounds

TUESDAY

Challenge 1

Sit Ups

Press Ups

Air Squats

Challenge 2

Plank Hold

Time

Challenge 3

Mini HIIT

Rounds

WEDNESDAY

Challenge 1

Sit Ups

Press Ups

Air Squats

Challenge 2

Plank Hold

Time

Challenge 3

Mini HIIT

Rounds

THURSDAY

Challenge 1

Sit Ups

Press Ups

Air Squats

Challenge 2

Plank Hold

Time

Challenge 3

Mini HIIT

Rounds

FRIDAY

Challenge 1

Sit Ups

Press Ups

Air Squats

Challenge 2

Plank Hold

Time

Challenge 3

Mini HIIT

Rounds

SATURDAY

Challenge 1

Sit Ups

Press Ups

Air Squats

Challenge 2

Plank Hold

Time

Challenge 3

Mini HIIT

Rounds

SUNDAY

Challenge 1

Sit Ups

Press Ups

Air Squats

Challenge 2

Plank Hold

Time

Challenge 3

Mini HIIT

Time

YES - I DID IT!! HOW DO I FEEL ?

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