

# 30-DAY WORKOUT CHALLENGE



**Challenge:** _____

| | | | | |
|---|---|---|---|---|
| **Day 1**<br>Today's target: _____<br>☐ Done | **Day 2**<br>Today's target: _____<br>☐ Done | **Day 3**<br>Today's target: _____<br>☐ Done | **Day 4**<br>Today's target: _____<br>☐ Done | **Day 5**<br>Today's target: _____<br>☐ Done |
| **Day 6**<br>Today's target: _____<br>☐ Done | **Day 7**<br>Today's target: _____<br>☐ Done | **Day 8**<br>Today's target: _____<br>☐ Done | **Day 9**<br>Today's target: _____<br>☐ Done | **Day 10**<br>Today's target: _____<br>☐ Done |
| **Day 11**<br>Today's target: _____<br>☐ Done | **Day 12**<br>Today's target: _____<br>☐ Done | **Day 13**<br>Today's target: _____<br>☐ Done | **Day 14**<br>Today's target: _____<br>☐ Done | **Day 15**<br>Today's target: _____<br>☐ Done |
| **Day 16**<br>Today's target: _____<br>☐ Done | **Day 17**<br>Today's target: _____<br>☐ Done | **Day 18**<br>Today's target: _____<br>☐ Done | **Day 19**<br>Today's target: _____<br>☐ Done | **Day 20**<br>Today's target: _____<br>☐ Done |
| **Day 21**<br>Today's target: _____<br>☐ Done | **Day 22**<br>Today's target: _____<br>☐ Done | **Day 23**<br>Today's target: _____<br>☐ Done | **Day 24**<br>Today's target: _____<br>☐ Done | **Day 25**<br>Today's target: _____<br>☐ Done |
| **Day 26**<br>Today's target: _____<br>☐ Done | **Day 27**<br>Today's target: _____<br>☐ Done | **Day 28**<br>Today's target: _____<br>☐ Done | **Day 29**<br>Today's target: _____<br>☐ Done | **Day 30**<br>Today's target: _____<br>☐ Done |

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