30-DAY WORKOUT CHALLENGE

Challenge: _____

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

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