

25 Days of Fitness Challenge

DECEMBER 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Do a plank - keep good form. Record how long you can hold it. _____	2 Take a BodyBurn Class @Integrity Did you go? Y___ N___	3 Take a walk at Lunch today Record how long You walked _____ Minutes	4 Go through your phone & Text 3 people you miss and just tell them "Hello" :)	5 Spend 15 minutes stretching post workout. Can you touch your toes? Y___ N___	6 Plan your meals for the following week.
7 Do 25 minutes of cardio. Your Choice. Y___ N___	8 Hold your plank for an extra 10 Seconds. _____	9 20 Each Jumping Jacks Crunches Squats Push-Ups	10 Check your water intake. Aim for half your body weight in oz. _____ ounces	11 Log off early and practice positive affirmations. "Every passing day my body becomes more energetic, more healthy."	12 Take a 20 minute morning walk.	13 Take a BodyBurn Class @Integrity Did you go? Y___ N___
14 Plan your meals for the following week.	15 Hold your plank for an extra 20 Seconds. _____	16 Take a walk at Lunch today Record how long You walked _____ Minutes	17 Spend 20 minutes stretching post workout. Can you touch your toes better than last time?	18 Take a BodyBurn Class @Integrity Did you go? Y___ N___	19 25 Each Jumping Jacks Crunches Squats Push-Ups Repeat 2 times!	20 Check your water intake. Aim for half your body weight in oz. _____ ounces
21 Take a 25 minute morning walk.	22 Hold your plank for an extra 25 Seconds. _____	23 30 Each Jumping Jacks Crunches Squats Push-Ups Repeat 2 times!	24 Take a walk at Lunch today Record how long You walked _____ Minutes	25 Happy Holidays! Enjoy your day! Live in the Present.	26	27
28	29	30	31			