



THE 7-MINUTE WORKOUT CHALLENGE

No More Excuses! Everyone who has a chair, a wall, and 7 minutes a day can participate in the 7- Minute Workout Challenge. Here's how:

1. Track the days you compete the 7- Minute workout using the log below – **WRITE COMPLETE IN EACH BOX THAT YOU COMPLETED THE CHALLENGE**

* Be sure to consult with your doctor before engaging in any new fitness routine

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OCT 1	OCT 2	OCT 3	OCT 4 (Live @ 1pm Chambers)	OCT 5
OCT 8	OCT 9	OCT 10	OCT 11 (Live @ 1pm Chambers)	OCT 12
OCT 15	OCT 16	OCT 17	OCT 18	OCT 19 (Live @ 1pm Chambers)
OCT 22	OCT 23	OCT 24	OCT 25 (Live @ 1pm Chambers)	OCT 26
OCT 29	OCT 30	OCT 31	NOV 1 (Live @ 1pm Chambers)	NOV 2

Name: _____