

150 MINUTES OF FITNESS 8 WEEK CHALLENGE

WEEK		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Total
APRIL 15 -21 WEEK 1	Morning								
	Afternoon								
APRIL 22 - 28 WEEK 2	Morning								
	Afternoon								
APRIL 29 – 5 WEEK 3	Morning								
	Afternoon								
MAY 6 - 12 WEEK 4	Morning								
	Afternoon								
MAY 13 - 19 WEEK 5	Morning								
	Afternoon								
MAY 20 - 26 WEEK 6	Morning								
	Afternoon								
MAY 27 – 2 WEEK 7	Morning								
	Afternoon								
JUNE 3 - 9 WEEK 8	Morning								
	Afternoon								
JUNE 10 - 16 WEEK 9	Morning								
	Afternoon								
JUNE 17 - 23 WEEK 10	Morning								
	Afternoon								

NAME: _____