



## 2022 New Year Challenge Tracking

*This is to keep track of your points/progress on your own!*

Week 1: 1/17 - 1/23				
	Check off each day you completed the 12-min muscle specific workout. <span style="color: red;">(1 point for each workout completed. Earn up to 5 points)</span>	Check off each day this week that successfully completed the nutrition/wellness challenge. <span style="color: red;">(1 point for each day successfully completed. Earn up to 7 points)</span>	Check off each day you completed at least 30-min of exercise. <span style="color: red;">(1 point for each day successfully completed. Earn up to 7 points)</span> <span style="color: red;">*Does not include the 12 min muscle specific workouts</span>	Total Points
<b>Monday</b>				
<b>Tuesday</b>				
<b>Wednesday</b>				
<b>Thursday</b>				
<b>Friday</b>				
<b>Saturday</b>	If you missed one M-F you can make up one today!			
<b>Sunday</b>	If you missed one M-F you can make up one today!			

Week 2: 1/24-1/30				
	Check off each day you completed the 12-min muscle specific workout. <span style="color: red;">(1 point for each workout completed. Earn up to 5 points)</span>	Check off each day this week that successfully completed the nutrition/wellness challenge. <span style="color: red;">(1 point for each day successfully completed. Earn up to 7 points)</span>	Check off each day you completed at least 30-min of exercise. <span style="color: red;">(1 point for each day successfully completed. Earn up to 7 points)</span> <span style="color: red;">*Does not include the 12 min muscle specific workouts</span>	Total Points
<b>Monday</b>				
<b>Tuesday</b>				
<b>Wednesday</b>				
<b>Thursday</b>				
<b>Friday</b>				
<b>Saturday</b>	If you missed one M-F you can make up one today!			
<b>Sunday</b>	If you missed one M-F you can make up one today!			

Week 3: 1/31 - 2/6				
	Check off each day you completed the 12-min muscle specific workout. (1 point for each workout completed. Earn up to 5 points)	Check off each day this week that successfully completed the nutrition/wellness challenge. (1 point for each day successfully completed. Earn up to 7 points)	Check off each day you completed at least 30-min of exercise. (1 point for each day successfully completed. Earn up to 7 points) *Does not include the 12 min muscle specific workouts	Total Points
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday	If you missed one M-F you can make up one today!			
Sunday	If you missed one M-F you can make up one today!			

Week 4: 2/7 - 2/13				
	Check off each day you completed the 12-min muscle specific workout. (1 point for each workout completed. Earn up to 5 points)	Check off each day this week that successfully completed the nutrition/wellness challenge. (1 point for each day successfully completed. Earn up to 7 points)	Check off each day you completed at least 30-min of exercise. (1 point for each day successfully completed. Earn up to 7 points) *Does not include the 12 min muscle specific workouts	Total Points
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday	If you missed one M-F you can make up one today!			
Sunday	If you missed one M-F you can make up one today!			