



2021 Spring into Shape 30 Day Challenge Point Tracking

Week 1: 3/29/21 - 4/4/21				
	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 2: 4/5/21 - 4/11/21				
	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 3: 4/12/21 - 4/18/21				
	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: 4/19/21 - 4/25/21				
	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!			