

May

CHALLENGE

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

				1	2	3
4	5 <input type="checkbox"/> 10k steps <input type="checkbox"/> Exercise snack 1	6 <input type="checkbox"/> 10k steps <input type="checkbox"/> Exercise snack 2 BONUS 1	7 <input type="checkbox"/> 10k steps <input type="checkbox"/> Exercise snack 3	8 <input type="checkbox"/> 10k steps <input type="checkbox"/> Exercise snack 4	9 <input type="checkbox"/> 10k steps <input type="checkbox"/> Exercise snack 5 BONUS 2	10 <input type="checkbox"/> 10k steps <input type="checkbox"/> Exercise snack 6
11 <input type="checkbox"/> 10k steps <input type="checkbox"/> Exercise snack 7	12 <input type="checkbox"/> 10k steps <input type="checkbox"/> Exercise snack 8	13 <input type="checkbox"/> 10k steps <input type="checkbox"/> Exercise snack 9 BONUS 3	14 <input type="checkbox"/> 10k steps <input type="checkbox"/> Exercise snack 10	15 <input type="checkbox"/> 10k steps <input type="checkbox"/> Exercise snack 11 BONUS 4	16 <input type="checkbox"/> 10k steps <input type="checkbox"/> Exercise snack 12	17 <input type="checkbox"/> 10k steps <input type="checkbox"/> Exercise snack 13
18 <input type="checkbox"/> 10k steps <input type="checkbox"/> Exercise snack 14	19 <input type="checkbox"/> 10k steps <input type="checkbox"/> Exercise snack 15 BONUS 5	20 <input type="checkbox"/> 10k steps <input type="checkbox"/> Exercise snack 16	21 <input type="checkbox"/> 10k steps <input type="checkbox"/> Exercise snack 17	22 <input type="checkbox"/> 10k steps <input type="checkbox"/> Exercise snack 18	23 <input type="checkbox"/> 10k steps <input type="checkbox"/> Exercise snack 19	24 <input type="checkbox"/> 10k steps <input type="checkbox"/> Exercise snack 20 BONUS 6
25 <input type="checkbox"/> 10k steps <input type="checkbox"/> Exercise snack 21	26 <input type="checkbox"/> 10k steps <input type="checkbox"/> Exercise snack 22	27 <input type="checkbox"/> 10k steps <input type="checkbox"/> Exercise snack 23 BONUS 7	28 <input type="checkbox"/> 10k steps <input type="checkbox"/> Exercise snack 24	29 <input type="checkbox"/> 10k steps <input type="checkbox"/> Exercise snack 25	30 <input type="checkbox"/> 10k steps <input type="checkbox"/> Exercise snack 26 BONUS 8	31 <input type="checkbox"/> 10k steps <input type="checkbox"/> Exercise snack 27

Workout Snacks

"In a systematic review it was found that incorporating exercise snacks improved overall fitness, muscle strength, and endurance. It improved metabolic health, including blood sugar, blood pressure, and cholesterol levels. It also had great mental health benefits for mood, stress, and increasing feelings of well-being"

Goal: Incorporate these at least 1x a day into your daily routine. Try to complete when you are NOT already working out! See how you can include movement in the least likely parts of your day.

- | | |
|--|---|
| 1. Up and down stairs x 3.5 min | 15. Single leg RDL (2 min each side) |
| 2. Alternating toe tap on step , no UE support x 3.5 min | 16. Wall sit 3x 1 minute |
| 3. Step ups, 2 steps at a time x 2 minutes each leg | 17. Side step squat x 3 minute |
| 4. Up and down stairs x 3.5 min | 18. Side step squat x 3 minute |
| 5. Alternating toe tap on step , no UE support x 3.5 min | 19. Plank 3x 1 min or 6x 30 sec |
| 6. Step ups, 2 steps at a time x 2 minutes each leg | 20. 16 lunge, to 16 calf raise x 4 minutes |
| 7. Jumping jacks x 2.5 min | 21. Set an alarm and do 10 squats every hour for 12 hours |
| 8. Air boxing x 3 min (ex 1 min hook, 1 min jab, 1 min upper cut, alternate sides, use your full body, rotating at hips) | 22. Chair tricep dips x 10, x 10 push ups for 3 minutes |
| 9. Invisible jump rope x 2.5 minutes | 23. Every time you pass by your kitchen sink (or pick a place you frequent) do 10 squats, 10 calf raises |
| 10. Skaters x 3 minutes | 24. Do 30 squats after you eat anything (after breakfast, snack dinner etc) |
| 11. Mountain climbers x 2.5 minutes (on floor or against wall) | 25. 10 chair dips, 30 sec wall sit, 10 knee to elbow x 4 minutes |
| 12. Squats (tap on a chair to make sure getting depth x2.5 min) | 26. 10 walking lunges, 10 knee to elbows x 3.5 minutes |
| 13. Squat x 10, Push ups x 10 (knees, toes, or against wall) x 2.5 min | 27. Isometric squat hold 1 min x 3 |
| 14. Lunge to knee drive (2 min each side) | 28. Narrow squat, to normal squat, to wide squat x 3 minutes |

BONUSES

1. Take a walk with hills
2. Take a walk in absolute silence
3. Take a walk with a friend/call a friend
4. Take a walk with a weighted vest on
5. Take family or pet on a walk
6. Take a sunrise/sunset walk
7. Gratitude walk- every 500 steps think of something you are thankful for
8. Take a walk in nature and take a picture of your favorite thing you see