

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