

## CONSISTENCY IS KEY | FOUR WEEK WORKOUT CHALLENGE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUMMARY
WEEK 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	workouts: foam roll/stretch: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
WEEK 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	workouts: foam roll/stretch: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
WEEK 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	workouts: foam roll/stretch: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
WEEK 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	workouts: foam roll/stretch: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
YOGA	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
> 30 MIN WORKOUTS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		

**THE RULES:** 1. Workout at least 5 days per week. 2. Foam roll or stretch at least 3 times per week. 3. Yoga counts as a workout only 6 times per month. 4. Maximum of 6 workouts under 30 minutes long allowed per month. 5. Walking the dog only counts if it's at least 3 miles.