

PICK-1-CHALLENGE

by COUCH to ACTIVE

1 exercise
1 minute a day
1 month

Pick 1 exercise

(circle your choice)

stretching

other: _____

abs

calves

push-ups

Day 1

What can you do today?

Day 30

What can you do now?

S M T W T F S

S	M	T	W	T	F	S

done!

Directions:

Each day you complete your one minute of exercise, mark it done on the tracker above. If you already have another fitness program or plan, go for it. But for this month add the PICK-1-CHALLENGE and make it a priority every single day.

The fine print:

Contact your healthcare provider before beginning this or any program. Do not start any program your provider advises against.