

Pick 1 Challenge

April 2017 fitness challenge
by **COUCH** to **ACTIVE**

1 exercise
1 minute a day
1 month

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
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Pick 1 exercise

Circle your choice

- abs
- calves
- push-ups
- stretching
- other _____

Day 1

What can you do today?

Day 28

What can you do now?

Join the Pick 1 Challenge. The purpose of this challenge is to give you a glimpse of what your body can do in very little time. Here's how it works: Pick one exercise and do it for one minute every single day for one month. We recommend doing an exercise that can be completed anywhere without any special equipment. It's important to stay injury free. If you can't complete a full minute, no worries, do what you can. At the end of the month you will have experienced how your muscles responded to your exercise. This will be your launching pad of inspiration to invent a whole new you. Yes, we know, in a perfect world there are rest days, but life's not perfect so let's get to work. Follow and/or message us on [Facebook @couchtoactive](#) and visit us at www.couchtoactive.com.