

























































































































Name: _____

Fitness Challenge – Task Sheet

Day of the Month	Exercises	Completed ✓	Self-Assessment (circle one)	Notes
			Loved - Liked - Okay - More Effort	
1st			   	
2nd			   	
3rd			   	
4th			   	
5th			   	
6th			   	
7th			   	
8th			   	
9th			   	
10th			   	
11th			   	
12th			   	
13th			   	

14th			   	
15th			   	
16th			   	
17th			   	
18th			   	
19th			   	
20th			   	
21st			   	
22nd			   	
23rd			   	
24th			   	
25th			   	
26th			   	
27th			   	
28th			   	
29th			   	
30th			   	
31st			