Chart

Description automatically generated

**GOAL**

2 Days Strength

3 Days of Cardio

**WEEK**

1

2

3

4

5

6

7

8

9

10

11

12

13

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|  |  |  |  |  | **My First Workout™** | | | | | | | | |
| **PRIZE** | | |  |  |
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| **My First Workout™** | | |  |  |  |  |  |  |  |  |  |  |  |
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| **T-SHIRT!!** | | |  |  |  |  |  | 0-3 Month Log | | | | | |
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| **SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY TOTAL** | | | | | | | | | | | | | |
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![Shape

Description automatically generated with medium confidence]()

TOTAL

1. Parents Please Sign Workout Log To Confirm Workouts Were Completed

2. Please complete a minimum of 2 and maximum of 3 strength workouts **per week**

3. Please complete a minimum of 3 and maximum of 5 cardio workout challenges per week (See cardio challenges below)

4. Mark Strength workouts with an **S**. Mark Cardio workouts with a **C** in the gray box each week

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