



30 Day Challenge

Exercise



Set your own goals - what exercise are you able to do, and would enjoy doing?
Ideas - walking, running, cycling, pilates, yoga, skipping, swimming, gym...

Day 1 Today's Exercise: ----- <input type="text"/> Minutes Exercised	Day 2 Today's Exercise: ----- <input type="text"/> Minutes Exercised	Day 3 Today's Exercise: ----- <input type="text"/> Minutes Exercised	Day 4 Today's Exercise: ----- <input type="text"/> Minutes Exercised	Day 5 Today's Exercise: ----- <input type="text"/> Minutes Exercised	Day 6 Today's Exercise: ----- <input type="text"/> Minutes Exercised
Day 7 Today's Exercise: ----- <input type="text"/> Minutes Exercised	Day 8 Today's Exercise: ----- <input type="text"/> Minutes Exercised	Day 9 Today's Exercise: ----- <input type="text"/> Minutes Exercised	Day 10 Today's Exercise: ----- <input type="text"/> Minutes Exercised	Day 11 Today's Exercise: ----- <input type="text"/> Minutes Exercised	Day 12 Today's Exercise: ----- <input type="text"/> Minutes Exercised
Day 13 Today's Exercise: ----- <input type="text"/> Minutes Exercised	Day 14 Today's Exercise: ----- <input type="text"/> Minutes Exercised	Day 15 Today's Exercise: ----- <input type="text"/> Minutes Exercised	Day 16 Today's Exercise: ----- <input type="text"/> Minutes Exercised	Day 17 Today's Exercise: ----- <input type="text"/> Minutes Exercised	Day 18 Today's Exercise: ----- <input type="text"/> Minutes Exercised
Day 19 Today's Exercise: ----- <input type="text"/> Minutes Exercised	Day 20 Today's Exercise: ----- <input type="text"/> Minutes Exercised	Day 21 Today's Exercise: ----- <input type="text"/> Minutes Exercised	Day 22 Today's Exercise: ----- <input type="text"/> Minutes Exercised	Day 23 Today's Exercise: ----- <input type="text"/> Minutes Exercised	Day 24 Today's Exercise: ----- <input type="text"/> Minutes Exercised
Day 25 Today's Exercise: ----- <input type="text"/> Minutes Exercised	Day 26 Today's Exercise: ----- <input type="text"/> Minutes Exercised	Day 27 Today's Exercise: ----- <input type="text"/> Minutes Exercised	Day 28 Today's Exercise: ----- <input type="text"/> Minutes Exercised	Day 29 Today's Exercise: ----- <input type="text"/> Minutes Exercised	Day 30 Today's Exercise: ----- <input type="text"/> Minutes Exercised