

2018 Getting Started 30-Day Challenge

Jan. 29 – Feb. 28

(but if you think you might need some rest days, you can begin as early as [Jan. 15!](#))

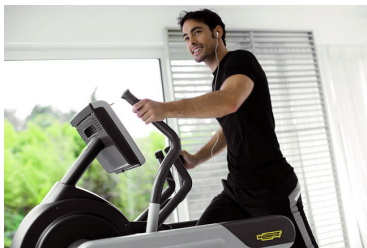


Sign up and get your challenge calendar at the front desk (as early as Jan. 15)

Follow the challenges every day for 30 days. It's flexible to fit whatever cardio you like, has some strength challenges that can be varied for skill level and a weekly nutrition challenge

Points:

30 points for completing all 30 days – complete workouts in order
20 points for 20 visits to the fitness center
5 points for each week that you complete the nutrition challenge



Prizes:

All who achieve at least 50 points are eligible for prize drawings

Due:

Turn in completed forms to the front desk by March 1

You can do this!!!

Name: _____ Email: _____ Phone: _____

2018 Getting Started 30-Day Challenge

Dates: Jan. 29 – Feb. 28 (but if you need some rest days, you can begin as early as Jan. 15!)

Points: 30 points for completing all 30 days – do workouts 1/day, in order, and write date in the box.

20 points for 20 visits to the fitness center (we'll verify your attendance with computer check-in).

5 points for each week that you complete the nutrition challenge (put ✓ in the calendar box).

Prizes: All who achieve at least 50 points are eligible for our prize drawings

Due: Turn in completed forms to the front desk by March 1

Week 1 Nutrition Challenge: Drink 64 oz of water each day					
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Cardio 10 min 10 squats 10 sec plank	Cardio 10 min 15 squats 10 sit ups	Cardio 15 min 20 squats 15 sit ups	Cardio 15 min 20 squats 15 sec plank	Cardio 20 min 20 squats 15 sit ups 5 push ups	Cardio 20 min 20 squats 15 sec plank 5 push ups
Week 2 Nutrition Challenge: Replace one meal each day with a salad					
Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
Cardio 20 min 25 squats 15 sit ups 5 push ups	Cardio 25 min 25 squats 15 sec plank 6 ab scissors	Cardio 25 min 25 squats 17 sit ups 8 push ups	Cardio 25 min 30 squats 20 sec plank	Cardio 25 min 30 squats 10 sec plank 8 push ups	Cardio 25 min 30 squats 10 bike crunches
Week 3 Nutrition Challenge: Eat 2 fruits daily					
Day 13	Day 14	Day 15	Day 16	Day 17	Day 18
Cardio 30 min 5 lunges ea leg 20 sec plank 10 push ups	Cardio 30 min 20 squats 10 bike crunches 5 mtn climbers	Cardio 30 min 8 lunges ea leg 20 sec plank 12 push ups 15 bike crunches	Cardio 30 min 25 squats 20 mtn climbers 15 sit ups	Cardio 30 min 10 lunges ea leg 20 sec plank 12 push ups	Cardio 30 min 25 squats 20 sec plank 15 bike crunches
Week 4 Nutrition Challenge: Eat breakfast every day this week					
Day 19	Day 20	Day 21	Day 22	Day 23	Day 24
Cardio 30 min 12 lunges ea leg 10 ab scissors 10 mtn climbers	Cardio 20 min 25 squats 14 push ups 30 sec plank	Cardio 35 min 15 lunges ea leg 10 mtn climbers 10 ab scissors	Cardio 20 min 25 squats 25 sec plank 14 push ups	Cardio 40 min 15 lunges ea leg 20 ab scissors	Cardio 40 min 10 squats 10 sec plank 16 push ups
Week 5 Nutrition Challenge: Consume a protein source within 30 minutes after your workout each day					
Day 25	Day 26	Day 27	Day 28	Day 29	Big Finish Day 30
Cardio 45 min 10 sit ups 15 mtn climbers 20 ab scissors 25 sec plank	Cardio 20 min 10 lunges ea leg 15 sit ups 20 push ups 25 squats 30 sec plank	Cardio 45 min 10 squats 30 sec plank 10 squats 30 sec plank	Cardio 20 min 10 push ups 15 lunges ea leg 20 mtn climbers 25 ab scissors 30 sec plank	Cardio 45 min 45 squats 45 sec plank	Cardio 30 min 15 lunges ea leg 20 bike crunches 25 push ups 30 squats 35 bike crunches 60 sec plank

Squats



Sit ups



Plank



Bicycle crunches



Push ups



Lunges



Mtn climbers



Abs Scissors

