



Centerworks® Holiday Health Challenge - Workout Tracker Ready... 4, 3, 2, 1, GO...

Use this 6-week tracker to get you from Thanksgiving thru New Year's. Commit to doing a minimum of FOUR workouts a week – to include 30 minutes of Cardio, 20 minutes of Strength, and 10 minutes of Stretching.

Strive to hit your Challenge commitment and give yourself the Gift of Good Health for the Holidays!

DAY	DATE 4 Days/Week	CARDIO activity	Time (30 min)	STRENGTH activity	Time (20 min)	STRETCHING activity	Time (10 min)	TOTAL TIME (Min 60 minutes)
Mon								
Tues								
Wed								
Thurs								
Fri								
Sat								
Sun								
Mon								
Tues								
Wed								
Thurs								
Fri								
Sat								
Sun								
Mon								
Tues								
Wed								
Thurs								
Fri								
Sat								
Sun								



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