



# 4 WEEK EXERCISE CHALLENGE



WEEK 1		NUMBER OF MINUTES PER DAY						
FAMILY MEMBER NAME:	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	TOTAL
<b>TOTALS</b>								

YOU'RE BEE-ING AMAZING!



LOG THIS TO YOUR EARTH RUNS ACCOUNT

WEEK 2		NUMBER OF MINUTES PER DAY						
FAMILY MEMBER NAME:	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	TOTAL
<b>TOTALS</b>								



WOW! AWESOMESAUCE!

LOG THIS TO YOUR EARTH RUNS ACCOUNT

WEEK 3		NUMBER OF MINUTES PER DAY						
FAMILY MEMBER NAME:	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	TOTAL
<b>TOTALS</b>								

YOU'RE ROCKING AND A ROLLING!



LOG THIS TO YOUR EARTH RUNS ACCOUNT

WEEK 4		NUMBER OF MINUTES PER DAY						
FAMILY MEMBER NAME:	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	TOTAL
<b>TOTALS</b>								



NICE WORK! YOU'VE DONE IT! LOG THESE TIMES TO SHOW US YOUR AWESOMENESS

