



30 DAY FITNESS CHALLENGE

SUN	MON	TUE	WED	THU	FRI	SAT
Run in Place for 15 Seconds x 2 & 10 Jumping Jacks x 2	Family Walk	Touch Your Toes for 15 Seconds & 10 Push Ups	High Knees In Place (2 Sets of 20)	15 Sit Ups x 2 & 10 Crunches x 2	Outdoor Stop Sign Race (run as fast as you can from one stop sign to the next)	10 Push Ups x 2 & 15 Second Plank x 2