

Workout Checklist

Warm Up

[Example: Slow walking lunges across the room, back and forth, for sixty seconds.]

() _____

() _____

() _____

Cardio

[Example: Jog on the treadmill for five minutes at 3% incline.]

() _____

() _____

() _____

Weights

[Example: Lat pulldown machine. Twelve reps. Rest. Repeat three times.]

() _____

() _____

() _____

Core

[Example: Hold forearm plank for at least ninety seconds.]

() _____

() _____

() _____

Extra Credit

[Example: Thirty mountain climbers!]

() _____

() _____

() _____

Stretch/Cool Down

[Example: Wide leg stance forward fold. Hold at least thirty seconds.]

- () _____
- () _____
- () _____

Victory/Reward

Complete at least three workouts this week...to unlock a special reward!

Come up with a few ways to reward yourself for your hard work.

[Example: Treat myself to tickets for the new Keanu Reeves movie!]

- () _____
- () _____
- () _____