

SHAPE UP FOR SPRING

CHALLENGE RECORD SHEET

Choose your challenge from the following list:

CHALLENGE 1. Walk 5 times per week for 30+ Minutes including inclines

CHALLENGE 2. Strength Programme 3 times per week

CHALLENGE 3. Lose Weight. 4 – 8lbs

CHALLENGE 4. Falls Home Programme every day

CHALLENGE 5. 5-Minute Daily Morning Stretch

DAY	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				
TOTAL Weight/No. of times				