

## **Fitness Challenge – Task Sheet**

Day of the Month	Exercises	Completed	Self-Assessment (circle one)	Notes
			Loved - Liked - Okay - More Effort	
1st				
2nd				
3rd				
4th				
5th				
6th				
7th				
8th				
9th				
10th				
11th				
12th				
13th				

14th		•••			
15th		•••			
16th		90			
17th		90			
18th					
19th		90			
20th		90			
21st		99			
22nd		•••	C		
23rd			C		
24th					
25th					
26th		•••			
27th					
28th					
29th		90			
30th		90			
31st					