

Name: _____ Phone or email: _____

When you have finished your challenge, be sure to turn in your card for a chance to win a Venture Pal gallon-size water bottle! Turn them in at your local branch or email them to us at pkp@pcls.fyi.

Have all challenge cards submitted by October 5. Let's do this!

SEPTEMBER HEALTH CHALLENGE

Fit over 40



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| <p>DAY 1</p> <p>WALK 1 MILE (OR GET 2,000 STEPS IN)</p> | <p>DAY 2</p> <p>DRINK ONLY WATER TODAY & DO 25 BICEP CURLS</p> | <p>DAY 3</p> <p>NO SUGAR TODAY & DO 20 SQUATS</p> | <p>DAY 4</p> <p>WATER ONLY & DO 20 MINUTES OF CARDIO</p> | <p>DAY 5</p> <p>DO A 10-15 MINUTE TBP* WORKOUT</p> |
| <p>DAY 6</p> <p>SALAD FOR DINNER, DO 20 SIT-UPS</p> | <p>DAY 7</p> <p>TRACK EVERYTHING YOU EAT/DRINK TODAY</p> | <p>DAY 8</p> <p>TRY GREEN TEA INSTEAD OF COFFEE TODAY, WALK 1 MILE</p> | <p>DAY 9</p> <p>GET 5000 STEPS TODAY</p> | <p>DAY 10</p> <p>DO 5 30-SECOND PLANKS, NO SOFT DRINKS</p> |
| <p>DAY 11</p> <p>DO A "REAL START" TBP WORKOUT - YOUR CHOICE</p> | <p>DAY 12</p> <p>30 MINUTES OF OUTDOOR CARDIO</p> | <p>DAY 13</p> <p>15 PUSHUPS 15 SQUATS 1 MINUTE PLANK</p> | <p>DAY 14</p> <p>TRACK ALL FOOD/DRINK 15 REVERSE LUNGES</p> | <p>DAY 15</p> <p>8 GLASSES OF WATER TODAY, 15 MINUTES OF WEIGHTS</p> |
| <p>DAY 16</p> <p>TBP WORKOUT OF CHOICE TODAY</p> | <p>DAY 17</p> <p>WALK 1 MILE, TRACK ALL FOOD AND WATER</p> | <p>DAY 18</p> <p>WRITE DOWN 4 THINGS TO BE GRATEFUL FOR, REST</p> | <p>DAY 19</p> <p>NO SODA TODAY, 15 PUSHUPS, 15 SQUATS, 1 MINUTE PLANK</p> | <p>DAY 20</p> <p>TRY A NEW HEALTHY RECIPE, WALK WITH A FRIEND</p> |
| <p>DAY 21</p> <p>30 MINUTES OF CARDIO, VEGGIES AT EVERY MEAL</p> | <p>DAY 22</p> <p>NO SUGAR TODAY, 20 SQUATS, 3 1 MINUTE WALL SITS</p> | <p>DAY 23</p> <p>TRY A YOGA VIDEO, DRINK YOUR WATER</p> | <p>DAY 24</p> <p>WEIGHT TRAINING TODAY, 15 MINUTES OF RESISTANCE</p> | <p>DAY 25</p> <p>4 THINGS TO BE GRATEFUL FOR, TBP WORKOUT</p> |
| <p>DAY 26</p> <p>NO ADDED SUGAR TODAY, 1 MILE WALK</p> | <p>DAY 27</p> <p>GO! RUN! AS LONG AS YOU CAN!</p> | <p>DAY 28</p> <p>TBP WORKOUT - YOUR CHOICE</p> | <p>DAY 29</p> <p>15 PUSHUPS, 15 SQUATS, 1 MINUTE PLANK</p> | <p>DAY 30</p> <p>WALK 2 MILES! YOU DID IT!</p> |



#30DAYSCHALLENGE | FIT OVER 40

*TBP is **Team Body Project** and the site/app we use in class at **Fit over 40**. Several Team Body Project workouts are available for FREE on YouTube OR visit their website at teambodyproject.com to create your own FREE account.