



## 10 WEEK EXERCISE TRACKER

GO TO WEBSITE FOR TIMER

### How to use this tracker

Print this sheet and keep it somewhere you can see it. It'll be easier to keep track of and see your progress throughout the 10 week program.

*We hope you enjoy the program 😊*

- ▶ Do one minute of each exercise using timer .
- ▶ Do 3 rounds, or as many times as you can to start with and build up to 3 rounds.
- ▶ Tick off your workout each day

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	♥	♥	♥	♥	♥
WEEK 2	♥	♥	♥	♥	♥
WEEK 3	♥	♥	♥	♥	♥
WEEK 4	♥	♥	♥	♥	♥
WEEK 5	♥	♥	♥	♥	♥
WEEK 6	♥	♥	♥	♥	♥
WEEK 7	♥	♥	♥	♥	♥
WEEK 8	♥	♥	♥	♥	♥
WEEK 9	♥	♥	♥	♥	♥
WEEK 10	♥	♥	♥	♥	♥

Let us know what you think of the program, visit our Facebook page at  
[www.facebook.com/SquareBoxFitness/](https://www.facebook.com/SquareBoxFitness/)