



GO TO WEBSITE FOR TIMER

## 4 WEEK EXERCISE TRACKER

### How to use this tracker

Print and keep this sheet out somewhere you can see it. It'll be easier to keep track of and see your progress throughout the 4 weeks.

*We hope you enjoy the program 😊*

- ▶ Do one minute of each exercise using the timer.
- ▶ Do 3 rounds, or as many times as you can to start with and build up to 3 rounds.
- ▶ Tick off your 9 minute workout each day.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	♥	♥	♥	♥	♥
WEEK 2	♥	♥	♥	♥	♥
WEEK 3	♥	♥	♥	♥	♥
WEEK 4	♥	♥	♥	♥	♥

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

