























### 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 😊*

- ▶ Set a non-negotiable time to workout for 9 minutes daily
- ▶ Read the workout instructions and play the online 9 minute video before you start.
- ▶ Do your workout and tick off your exercise tracker daily!

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

If you have any questions or need help with your challenge Email [Anna@squareboxfitness.com](mailto:Anna@squareboxfitness.com)

