



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

