

Fresh Start Fitness Challenge: Movement & Motivation for 2021

Join us each day in January for a motivational quote or activity, and a workout that builds on itself each week.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					Complete 8 reps: jumping jacks, planks, push-ups, squats and high knees. You've got this!	Complete 8 reps: jumping jacks, planks, push-ups, squats and high knees. Do something you KNOW you'll rock today.
3	4	5	6	7	8	9
Complete 8 reps: jumping jacks, planks, push-ups, squats and high knees. Write down your specific goal.	Complete 8 reps: jumping jacks, planks, push-ups, squats and high knees. List 3 reasons WHY you want to achieve it.	Complete 8 reps: jumping jacks, planks, push-ups, squats and high knees. Start small, really small.	Complete 8 reps: jumping jacks, planks, push-ups, squats and high knees. You can do anything for 5 minutes.	Complete 8 reps: jumping jacks, planks, push-ups, squats and high knees. Focus.	Complete 10 reps: jumping jacks, planks, push-ups, squats and high knees. Find the source of honest feedback.	Complete 10 reps: jumping jacks, planks, push-ups, squats and high knees. Believe that you'll succeed.
10	11	12	13	14	15	16
Complete 10 reps: jumping jacks, planks, push-ups, squats and high knees. Make today count.	Complete 10 reps: jumping jacks, planks, push-ups, squats and high knees. Add just a 1/4 of a mile or 2 reps to your workout.	Complete 10 reps: jumping jacks, planks, push-ups, squats and high knees. Just commit for 30 days.	Complete 10 reps: jumping jacks, planks, push-ups, squats and high knees. Focus on progress not perfection.	Complete 10 reps: jumping jacks, planks, push-ups, squats and high knees. Schedule "YOU" time first thing in the morning.	Complete 12 reps: jumping jacks, planks, push-ups, squats and high knees. Visualize success everyday.	Complete 12 reps: jumping jacks, planks, push-ups, squats and high knees. Think about the benefits not the difficulties.
17	18	19	20	21	22	23
Complete 12 reps: jumping jacks, planks, push-ups, squats and high knees. Reward your efforts.	Complete 12 reps: jumping jacks, planks, push-ups, squats and high knees. Try something totally new today.	Complete 12 reps: jumping jacks, planks, push-ups, squats and high knees. Tell people what you'll accomplish.	Complete 12 reps: jumping jacks, planks, push-ups, squats and high knees. Remember: There's an ebb and flow to motivation.	Complete 12 reps: jumping jacks, planks, push-ups, squats and high knees. Having trouble? Ask for help.	Complete 15 reps: jumping jacks, planks, push-ups, squats and high knees. Don't be afraid to scale back.	Complete 15 reps: jumping jacks, planks, push-ups, squats and high knees. Read a blog or book about your goal.
24	25	26	27	28	29	30
Complete 15 reps: jumping jacks, planks, push-ups, squats and high knees. You are stronger every day. Keep going.	Complete 15 reps: jumping jacks, planks, push-ups, squats and high knees. Wake up and empty your thoughts on to paper.	Complete 15 reps: jumping jacks, planks, push-ups, squats and high knees. Forget the urgent thing, focus on the important thing.	Complete 15 reps: jumping jacks, planks, push-ups, squats and high knees. Find a virtual workout buddy - or somebody that will hold you accountable.	Complete 15 reps: jumping jacks, planks, push-ups, squats and high knees. Say to yourself what you would say to motivate a friend.	Complete 18 reps: jumping jacks, planks, push-ups, squats and high knees. Do something that scares you.	Complete 18 reps: jumping jacks, planks, push-ups, squats and high knees. Try a food that you've never tried before.
31						
Complete 18 reps: jumping jacks, planks, push-ups, squats and high knees. Breathe in. Pause. Breathe out.						

*Please do what your body feels comfortable with and modify as necessary.