

# BWLW's 21 Days of Exercise Challenge - Tracking Calendar

**Challenge Goal: Workout for a minimum of 21 days during November.**

Minimum of 30 minutes per workout. Add the exercise of the day to your workout or complete the daily task as part of your workout. Work at your own pace and create your own exercise schedule. Check in daily on [Facebook](#) or [Instagram](#)!

#BWLWNov - We are also hosting giveaways this month - Full Challenge Details at [www.blackweightlosssuccess.com](http://www.blackweightlosssuccess.com)

<b>Day 1</b> <input type="checkbox"/> <b>Exercise of the Day</b> Jumping Jacks _____ Date	<b>Day 2</b> <input type="checkbox"/> <b>Exercise of the Day</b> Mountain Climbers _____ Date	<b>Day 3</b> <input type="checkbox"/> <b>Task:</b> Write down your fitness goals. _____ Date	<b>Day 4</b> <input type="checkbox"/> <b>Exercise of the Day</b> Plank _____ Date	<b>Day 5</b> <input type="checkbox"/> <b>Exercise of the Day</b> Squats _____ Date
<b>Day 6</b> <input type="checkbox"/> <b>Task:</b> Workout on a treadmill or stairmaster. _____ Date	<b>Day 7</b> <input type="checkbox"/> <b>Exercise of the Day</b> Push Ups _____ Date	<b>Day 8</b> <input type="checkbox"/> <b>Exercise of the Day</b> Donkey Kicks _____ Date	<b>Day 9</b> <input type="checkbox"/> <b>Task:</b> Try a <a href="#">HIIT</a> workout. _____ Date	<b>Day 10</b> <input type="checkbox"/> <b>Exercise of the Day</b> Jump Squats _____ Date
<b>Day 11</b> <input type="checkbox"/> <b>Exercise of the Day</b> Crunches _____ Date	<b>Day 12</b> <input type="checkbox"/> <b>Task:</b> Plan out your workouts for the next 7 days. _____ Date	<b>Day 13</b> <input type="checkbox"/> <b>Exercise of the Day</b> Lying Leg Lifts _____ Date	<b>Day 14</b> <input type="checkbox"/> <b>Exercise of the Day</b> Lunges _____ Date	<b>Day 15</b> <input type="checkbox"/> <b>Task:</b> Do 30 minutes of weight training. _____ Date
<b>Day 16</b> <input type="checkbox"/> <b>Exercise of the Day</b> Burpees _____ Date	<b>Day 17</b> <input type="checkbox"/> <b>Exercise of the Day</b> Wall Sit _____ Date	<b>Day 18</b> <input type="checkbox"/> <b>Task:</b> Try a yoga workout. _____ Date	<b>Day 19</b> <input type="checkbox"/> <b>Exercise of the Day</b> Glute Bridges _____ Date	<b>Day 20</b> <input type="checkbox"/> <b>Exercise of the Day</b> Calf Raises _____ Date
<b>Day 21</b> <input type="checkbox"/> <b>Task:</b> Post a workout selfie or video. _____ Date	<b>I DID IT!!!!</b> <b>Signature</b> _____ <b>Date</b> ____/____/____		<a href="http://www.facebook.com/blackwomenlosingweight">www.facebook.com/blackwomenlosingweight</a> <b>IG: @blackwomenlosingweight</b> Lose to Win - Join our <a href="#">November DietBet</a> for motivation! Photo weigh-in Nov 5-7th.	