

BWLW's December Exercise Challenge - Tracking Calendar

Challenge Goal: Workout for a minimum of 5 days a week - Dec 1-21, 2018.

Minimum of 30 minutes per workout. Add the [Exercise of the Day](#) to your workout. - Your choice of reps and number of sets. Work at your own pace and create your own exercise schedule. Check in daily on [Facebook](#) or [Instagram](#) and stay accountable. **Share your workout selfies with the hashtag: #BWLWDec - Full Challenge Details at www.blackweightlossuccess.com**

December 1 Workout Day <input type="checkbox"/> Rest Day <input type="checkbox"/> Exercise of the Day Squats	December 2 Workout Day <input type="checkbox"/> Rest Day <input type="checkbox"/> Exercise of the Day Pushups	December 3 Workout Day <input type="checkbox"/> Rest Day <input type="checkbox"/> Exercise of the Day High Knees	December 4 Workout Day <input type="checkbox"/> Rest Day <input type="checkbox"/> Exercise of the Day Plank	December 5 Workout Day <input type="checkbox"/> Rest Day <input type="checkbox"/> Exercise of the Day Sumo Squats
December 6 Workout Day <input type="checkbox"/> Rest Day <input type="checkbox"/> Exercise of the Day Donkey Kicks	December 7 Workout Day <input type="checkbox"/> Rest Day <input type="checkbox"/> Exercise of the Day Mountain Climbers	December 8 Workout Day <input type="checkbox"/> Rest Day <input type="checkbox"/> Exercise of the Day V-Ups	December 9 Workout Day <input type="checkbox"/> Rest Day <input type="checkbox"/> Exercise of the Day Wall Sit	December 10 Workout Day <input type="checkbox"/> Rest Day <input type="checkbox"/> Exercise of the Day Jump Squats
December 11 Workout Day <input type="checkbox"/> Rest Day <input type="checkbox"/> Exercise of the Day Burpees	December 12 Workout Day <input type="checkbox"/> Rest Day <input type="checkbox"/> Exercise of the Day Fire Hydrants	December 13 Workout Day <input type="checkbox"/> Rest Day <input type="checkbox"/> Exercise of the Day Hip Bridge	December 14 Workout Day <input type="checkbox"/> Rest Day <input type="checkbox"/> Exercise of the Day Lateral Raise	December 15 Workout Day <input type="checkbox"/> Rest Day <input type="checkbox"/> Exercise of the Day Jumping Jacks
December 16 Workout Day <input type="checkbox"/> Rest Day <input type="checkbox"/> Exercise of the Day Calf Raises	December 17 Workout Day <input type="checkbox"/> Rest Day <input type="checkbox"/> Exercise of the Day Squats	December 18 Workout Day <input type="checkbox"/> Rest Day <input type="checkbox"/> Exercise of the Day Pushups	December 19 Workout Day <input type="checkbox"/> Rest Day <input type="checkbox"/> Exercise of the Day High Knees	December 20 Workout Day <input type="checkbox"/> Rest Day <input type="checkbox"/> Exercise of the Day Plank
December 21 Workout Day <input type="checkbox"/> Rest Day <input type="checkbox"/> Exercise of the Day Donkey Kicks	<p>I DID IT!!!!</p> <p>Signature _____</p> <p>Date ____/____/____</p>		<p>Clean up your eating habits with our Clean Eating Guide. Download the E-Book today!</p> <p>Lose to Win: Join our December DietBet for even more motivation! Photo weigh-in Dec 5-7th.</p>	