

# BWLW's 30 Days of Exercise Challenge - Tracking Calendar

**Jan 1 - Jan 30th - 5 Days of Exercise Each Week - Include the Exercise of the Day in your workout.** (Minimum of 30 minutes per workout. You get to choose the form of exercise because we want **everyone** to participate. Exercise at your own pace, but challenge/push yourself. You'll find the details at [www.blackweightlosssuccess.com](http://www.blackweightlosssuccess.com))

Don't forget to **Check-in NIGHTLY** on Facebook or Instagram! **#BWLW30**  
[www.facebook.com/blackwomenlosingweight](http://www.facebook.com/blackwomenlosingweight) - [@blackwomenlosingweight](https://www.instagram.com/blackwomenlosingweight)

*Note: If you don't recognize an exercise, look up it up on Youtube for proper form. You'll also find videos for modifying many of these moves.*

<b>1</b> <input type="checkbox"/> Workout Day <input type="checkbox"/> Active Rest Day	<b>2</b> <input type="checkbox"/> Workout Day <input type="checkbox"/> Active Rest Day
Squats	Push-ups

<b>3</b> <input type="checkbox"/> Workout Day <input type="checkbox"/> Active Rest Day  Yoga/Stretch	<b>4</b> <input type="checkbox"/> Workout Day <input type="checkbox"/> Active Rest Day  Jumping Jacks	<b>5</b> <input type="checkbox"/> Workout Day <input type="checkbox"/> Active Rest Day  Fire Hydrants	<b>6</b> <input type="checkbox"/> Workout Day <input type="checkbox"/> Active Rest Day  Crunches	<b>7</b> <input type="checkbox"/> Workout Day <input type="checkbox"/> Active Rest Day  Wall Sit	<b>8</b> <input type="checkbox"/> Workout Day <input type="checkbox"/> Active Rest Day  Tricep Dips	<b>9</b> <input type="checkbox"/> Workout Day <input type="checkbox"/> Active Rest Day  Calf Raises
<b>10</b> <input type="checkbox"/> Workout Day <input type="checkbox"/> Active Rest Day  Sumo Squats	<b>11</b> <input type="checkbox"/> Workout Day <input type="checkbox"/> Active Rest Day  Yoga/Stretch	<b>12</b> <input type="checkbox"/> Workout Day <input type="checkbox"/> Rest Day  High Knees	<b>13</b> <input type="checkbox"/> Workout Day <input type="checkbox"/> Active Rest Day  Flutter Kicks	<b>14</b> <input type="checkbox"/> Workout Day <input type="checkbox"/> Active Rest Day  Squats	<b>15</b> <input type="checkbox"/> Workout Day <input type="checkbox"/> Active Rest Day  Plank	<b>16</b> <input type="checkbox"/> Workout Day <input type="checkbox"/> Active Rest Day  Lateral Leg Raises
<b>17</b> <input type="checkbox"/> Workout Day <input type="checkbox"/> Active Rest Day  Yoga/Stretch	<b>18</b> <input type="checkbox"/> Workout Day <input type="checkbox"/> Active Rest Day  Burpees	<b>19</b> <input type="checkbox"/> Workout Day <input type="checkbox"/> Active Rest Day  Glute Bridges	<b>20</b> <input type="checkbox"/> Workout Day <input type="checkbox"/> Active Rest Day  Mountain Climbers	<b>21</b> <input type="checkbox"/> Workout Day <input type="checkbox"/> Active Rest Day  Jumping Jacks	<b>22</b> <input type="checkbox"/> Workout Day <input type="checkbox"/> Active Rest Day  Donkey Kicks	<b>23</b> <input type="checkbox"/> Workout Day <input type="checkbox"/> Active Rest Day  Push-ups
<b>24</b> <input type="checkbox"/> Workout Day <input type="checkbox"/> Active Rest Day  Jump Squats	<b>25</b> <input type="checkbox"/> Workout Day <input type="checkbox"/> Active Rest Day  Yoga/Stretch	<b>26</b> <input type="checkbox"/> Workout Day <input type="checkbox"/> Active Rest Day  Reverse Lunges	<b>27</b> <input type="checkbox"/> Workout Day <input type="checkbox"/> Active Rest Day  Side Plank	<b>28</b> <input type="checkbox"/> Workout Day <input type="checkbox"/> Active Rest Day  High Knees	<b>29</b> <input type="checkbox"/> Workout Day <input type="checkbox"/> Active Rest Day  Russian Twist	<b>30</b> <input type="checkbox"/> Workout Day <input type="checkbox"/> Active Rest Day  Walking Lunges

Thank you so much for joining our **BWLW's January Exercise Challenge! The fun starts on January 1st!**

We heard from many ladies in the BWLW sisterhood who were unable to join our December Exercise Challenge, so we decided to focus on exercise for our first accountability challenge of 2021.

**Goal: 5 Days of Exercise Each Week - Include the Exercise of the Day in your workout.**

Exercise for a minimum of 30 minutes per workout.

- Work at your own pace, but challenge yourself to work hard as well.
- Do what works for you: Feel free to work out more than 5 days a week if that is your usual routine. If you can only work out for 2-3 days a week, commit to that. **You know your level of fitness.** We don't want anyone to hurt themselves or risk injury just to reach the "5 Days a Week" goal. Again, it's very important that you chose a goal and exercise routine that fits your current level of fitness.
- **Stay Hydrated:** Drink at least 64 oz of water each day. (If you typically drink much more than that or much less because you have medical limitations (due to kidney issues or other ailments), that's fine too.)
- **Rest Days:** On your rest days, take 10-20 minutes to stretch, do yoga, do pilates, or take a relaxing walk. Do something physical but relaxing.

**Exercise of the Day:** You'll find an exercise listed each day. Include this move in your workout. Do a minimum of 2 sets of 8 reps.

**Check-in Every Day and Stay Accountable:** Visit our [Facebook page](#) or [Instagram](#) account every evening and leave a comment to join the daily check-in, Jan 1st thru Jan 30th. The post will appear at 6:30 pm. (If you work out in the evening, check-in after you've completed your workout.)

**Eat as CLEAN as possible this month.** Cut back on junk food, soda, fast food, sugary foods, etc., and eat more whole foods. You'll have a better chance of seeing results on the scale, and you may have more energy during your walks. If you'd like to learn more about Clean Eating, read our [helpful E-Book, "Clean Eating for Wellness and Weight Loss."](#)

**Disclaimer\*** Before starting any exercise program, please consult with your doctor. We cannot be held responsible for any injuries resulting from attempting this exercise routine. If you have injuries that could be worsened, are pregnant, have knee issues, or are suffering neck and back pain, you should speak with a professional trainer about what workouts would be best for you. Do not attempt if you have current injuries, past surgeries, or other physical issues/health issues that could be affected by exercise. Do not attempt if you are pregnant or could become pregnant. Don't forget to stretch before and after working out to avoid injuries. If you feel pain or severe discomfort, STOP.