

BWLW's Accountability Exercise Challenge - Tracking Calendar

April 1 - April 30 - 5 Days of Exercise Each Week (Minimum) with Active Rest Days - No Excuses!
You choose the workout. We want EVERYONE to be able to participate. Exercise at your own pace, but challenge yourself and work hard. You'll find the Full Challenge Details at www.blackweightlossuccess.com

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

1
 Workout Day
 Active Rest Day
 _____ oz of water

2
 Workout Day
 Active Rest Day
 _____ oz of water

3
 Workout Day
 Active Rest Day
 _____ oz of water

4
 Workout Day
 Active Rest Day
 _____ oz of water

5
 Workout Day
 Active Rest Day
 _____ oz of water

6
 Workout Day
 Active Rest Day
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7
 Workout Day
 Active Rest Day
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8
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9
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10
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11
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12
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13
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14
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15
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16
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25
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26
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27
 Workout Day
 Active Rest Day
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28
 Workout Day
 Active Rest Day
 _____ oz of water

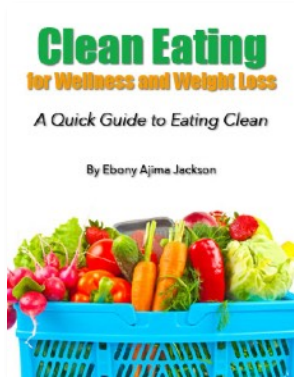
29
 Workout Day
 Active Rest Day
 _____ oz of water

30
 Workout Day
 Active Rest Day
 _____ oz of water

Thank you so much for joining our **BWLW's April Exercise Accountability Challenge!** No signup required! All we are asking you to do is work out at least five days a week and join our daily check-in for accountability.

- Exercise for a **minimum** of 30 minutes per workout.
- **Active Rest Days:** On your rest days, take 15-20 minutes to stretch, do yoga, do pilates, or take a relaxing walk. Do something physical but relaxing.
- Work at your own pace, but challenge yourself to work hard as well.
- **Stay hydrated:** Drink at least 64 oz of water each day. (If you drink much more than that or much less due to medical limitations (due to kidney issues or other ailments), that's fine. Do what works for you.
- **Do what works for YOU:** Work out more than five 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 choose a goal and a workout routine that fits your current fitness level.

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, April 1-30th. The post will appear at 6:30 pm. (If you work out in the evening, check-in after you've completed your workout.) **Hashtag: #BWLWApr**



What should you eat during this challenge? If you have a nutrition plan/diet that is working for you, **stick with it.** If you don't have a plan, start with the basics - *Clean up your eating habits and eat more healthy, whole foods.* If you would like to learn how to cut out processed food and fast food while not feeling deprived, 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. Don't forget to stretch before and after working out to avoid injuries. If you feel pain or severe discomfort, stop.