

June 2021 Workout Challenge - Tracking Calendar

Challenge Goal: Workout for a minimum of 21 days during the month of June 2021.

1) Work out for 30 minutes or more per workout. 2) Add the exercise of the day to your workout or complete the daily task. (2-3 sets of each exercise. Record the number of reps) 3) Post workout selfies with the hashtag: #BWLWJune.

Work at your own pace and take a rest day at least once a week. **Challenge Details at www.blackweightlosssuccess.com**

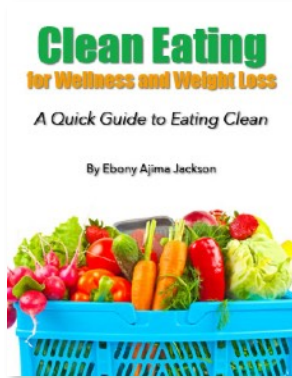
Day 1 <input type="checkbox"/> _____ Date Exercise of the Day: I did _____ Jumping Jacks.	Day 2 <input type="checkbox"/> _____ Date Exercise of the Day: I did _____ Mountain Climbers.	Day 3 <input type="checkbox"/> _____ Date Task: Create clear fitness goals. (i.e. What do you want to achieve? Strength, endurance, active lifestyle, etc.)	Day 4 <input type="checkbox"/> _____ Date Exercise of the Day: I Planked for _____ seconds.	Day 5 <input type="checkbox"/> _____ Date Exercise of the Day: I did _____ Squats.
Day 6 <input type="checkbox"/> _____ Date Task: Work out outside today, if the weather permits.	Day 7 <input type="checkbox"/> _____ Date Exercise of the Day I did _____ Push Ups.	Day 8 <input type="checkbox"/> _____ Date Exercise of the Day I did _____ Side Skaters.	Day 9 <input type="checkbox"/> _____ Date Task: Try a HIIT workout. You'll find lots of free options on YouTube.	Day 10 <input type="checkbox"/> _____ Date Exercise of the Day I did _____ Jump Squats.
Day 11 <input type="checkbox"/> _____ Date Exercise of the Day: I did _____ Split Squats.	Day 12 <input type="checkbox"/> _____ Date Task: Take a moment to give thanks for the gift of mobility.	Day 13 <input type="checkbox"/> _____ Date Exercise of the Day: I did _____ Hip Thrusts.	Day 14 <input type="checkbox"/> _____ Date Exercise of the Day: I did _____ Walking Lunges	Day 15 <input type="checkbox"/> _____ Date Task: Do 30 minutes of weight training.
Day 16 <input type="checkbox"/> _____ Date Exercise of the Day: I did _____ Burpees.	Day 17 <input type="checkbox"/> _____ Date Exercise of the Day: I did Wall Sits for _____ seconds.	Day 18 <input type="checkbox"/> _____ Date Task: Try a yoga workout. Get your stretch on!	Day 19 <input type="checkbox"/> _____ Date Exercise of the Day: I did _____ Glute Bridges.	Day 20 <input type="checkbox"/> _____ Date Exercise of the Day: I did _____ Calf Raises.
Day 21 <input type="checkbox"/> _____ Date Task: Post a workout selfie or video. Hashtag: #BWLWJune	I DID IT!!!! Signature _____ Date ____/____/____		Join our morning check in online at www.facebook.com/blackwomenlosingweight or IG: @blackwomenlosingweight .	

Thank you so much for joining our **June 2021 Workout Challenge!** This challenge is all about **Consistency**. We want you to make fitness a priority in June and commit to working out on a **regular basis**. Many of us fell out of a routine of going to the gym and being active during the lockdowns. Now is a great time to get back on track. Work out at home, at the gym, outside... *just get active*.

Goals:

- Commit to exercising for at least 21 days during the month of June and keep track of your workouts. (minimum of 30 minutes per workout.)
- If the [Exercise of the Day](#) is not an exercise you can do, pick another exercise. (We have posted [videos](#) of all the exercises.)
- We suggest that you take at least one rest day per week.
- Stay hydrated: Drink at least 64 oz of water each day. (If you drink much more than that or have medical limitations (due to kidney issues or other ailments), that's ok. Do what works best for you.)

We will post a daily encouragement post every morning, **June 1 - 21**, on [Facebook page](#) or [Instagram](#). We would love to get your feedback and hear about how you are doing during the challenge.



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.