

BWLW's 30 Day Exercise Challenge



1
 Workout
 Rest Day

2
 Workout
 Rest Day

3
 Workout
 Rest Day

4
 Workout
 Rest Day

5
 Workout
 Rest Day



Goal: Work out 5 days a week. Your choice of exercise.

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 Workout
 Rest Day

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 Workout
 Rest Day

30
 Workout
 Rest Day

Join our **30 Day Exercise Challenge**, January 1-30, 2022. **This is a challenge that EVERYONE can participate in, regardless of your level of fitness. How?** You get to choose your exercise routine! Walking, running, weight training, HIIT, Zumba, yoga, etc. You'll find this month's **30-day tracking calendar** below. Print it out, and you are all set. (NO signup is required.)

Goals: Work out at least five days a week and join our daily check-in for accountability.

- Work at your own pace.* 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.
- **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.

Join the Daily Check-in

During the challenge, **we will post a check-in post in [our Facebook group](#) and on [Instagram](#) every evening at 7:00 pm EST**, where you can leave a comment and share whether you had a workout day or a rest day. (*Note: Please answer all of the FB group entry questions if you'd like to become a group member.*)

Clean Eating

for Wellness and Weight Loss

A Quick Guide to Eating Clean

By Ebony Ajima Jackson



Want to take your efforts to the next level this month? Commit to **eating clean**. It's not about only eating healthy food or being "perfect" with your eating habits. **It's about cutting back on junk food, soda, processed foods, sugary foods, etc., and eating whole, healthy foods 80% of the time (or more).** You'll have a better chance of seeing results on the scale, and you'll have more energy during your workouts if you fuel your body with healthy food. 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 or weight loss 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 workout 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.