

# September 2022 Exercise Challenge - Tracking Calendar

**Challenge Goal: Workout for a minimum of 21 days this month.**

1) Work out for 30 minutes minimum. \* 2) Add the exercise of the day to your workout or complete the daily task. (2-3 sets of each exercise. Look up the exercises on YouTube for proper form) 3) Work at your own pace and take rest days as needed.

Challenge Details at [www.blackweightlosssuccess.com](http://www.blackweightlosssuccess.com) #BWLWSept ~ Need help with your eating habits? Check out our [Clean Eating Guide](#).

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

Join our **September Exercise Challenge**, Sept 6-30 2022. You choose the exercise routine! Walking, running, weight training, HIIT, Zumba, yoga, etc.

**Goals: Work out at least 21 Days this month.**

- Exercise for a **minimum** of 30 minutes per workout. (If 30 min is too much for your current fitness level, reduce the time.)
- Take rest days as needed.
- **Exercise of the Day:** Look up the exercises on YouTube for proper form.
- **Do what works for YOU:** If you only have time to work out for 15 days this week, that's a great goal. **You know your level of fitness.** We don't want anyone to hurt themselves or risk injury, so work at the pace that works for you.

***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.*

**Clean Eating**  
for Wellness and Weight Loss

A Quick Guide to Eating Clean

By Ebony Ajima Jackson



**Join the Daily Check-in**

During the challenge, **we will post a check-in on [Facebook](#) and [Instagram](#) every evening at 7:00 pm EST.** Share whether you had a workout day or a rest day. Also, tell us if you completed the daily task or included the exercise of the day in your workout.

**Clean Eating E-Book**

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".](#)**