

30-Day Wellness Challenge



**Do the best
you can and
have fun!**

**Ready,
Set,
GO!**

Saturday, July 1

Sumo Squats
Standing Calf Raises
Alternating Side
Lunges
6 reps each, 3 rounds

This week's goal:
For July 6-12 use the
attached chart and
spell your first name.
This will be your
workout.

Sunday, July 2

March in Place
High Knees
Jumping Jacks
30 sec each, 3 rounds

Monday, July 3

"No Rope" Jump Rope
Forward Jabs
Alternating Hook Jabs
30 sec each, 3 rounds

Tuesday, July 4

**REST or find a
fun activity!**

Wednesday, July 5

Squats
Rear Lunges
Forward Lunges
6 reps each, 3 rounds

Thursday, July 6

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Friday, July 7

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Saturday, July 8

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This week's goal:
Pick 3 yoga moves to
complete before bed
each night.

Sunday, July 9

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Monday, July 10

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Tuesday, July 11

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Wednesday, July 12

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Thursday, July 13

"No Rope" Jump Rope
Run in Place
Mountain Climbers
30 sec each, 3 rounds

Friday, July 14

Sumo Squats
Standing Calf Raises
Alternating Side
Lunges
6 reps each, 3 rounds

Saturday, July 15

March in Place
High Knees
Jumping Jacks
30 sec each,
3 rounds

This week's goal:
For July 20-26 use
the attached chart
and spell your last
name. This will be
your workout.

Sunday, July 16

Front Jabs
Hook Jabs
"No Bag" Speed Bag
6 reps each, 3 rounds

Monday, July 17

**REST or find a
fun activity!**

Tuesday, July 18

Bird/Dog
Plank
Push-ups
6 reps each, 3 rounds

Wednesday, July 19

Squats
Rear Lunges
Forward Lunges
6 reps each, 3 rounds

Thursday, July 20

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Friday, July 21

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Saturday, July 22

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This week's goal:
Once you are out of
bed in the morning,
drink 8oz of water.

**Sunday
July 23**

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July 30

**REST or find a fun
activity!**

**Monday
July 24**

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July 31: Hammer Curls,
Chest Press, Chest Fly
6 reps each, 3 rounds

Tuesday, July 25

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Wednesday, July 26

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Thursday, July 27

Forward Lunges
Side Lunges
Rear Lunges
6 reps each, 3 rounds

Friday, July 28

Staircase Climb
90 sec up, 90 sec
down
Rest, repeat

Saturday, July 29

Sumo Squats
Standing Calf Raises
Alternating Side
Lunges
6 reps each, 3 rounds

July 6-12

Use the chart below and spell your **first** name. This will be your workout. Choose one day to rest.

A: 50 Jumping Jacks

B: 20 Crunches

C: 30 Squats

D: 15 Push Ups

E: 1 Minute Wall Sit

F: 10 Burpees

G: 20 Second Arm Circles

H: 20 Squats

I: 30 Jumping Jacks

J: 15 Crunches

K: 10 Push Ups

L: 2 Minute Wall Sit

M: 20 Burpees

N: 40 Jumping jacks

O: 25 Burpees

P: 15 Second Arm Circles

Q: 30 Crunches

R: 15 Push Ups

S: 30 Burpees

T: 15 Squats

U: 30 Second Arm Circles

V: 3 Minute Wall Sit

W: 20 Burpees

X: Jumping Jacks

Y: 10 Crunches

July 20-26

Use the chart below and spell your **last** name. This will be your workout. Choose one day to rest.

A: 50 Jumping Jacks

B: 20 Crunches

C: 30 Squats

D: 15 Push Ups

E: 1 Minute Wall Sit

F: 10 Burpees

G: 20 Second Arm Circles

H: 20 Squats

I: 30 Jumping Jacks

J: 15 Crunches

K: 10 Push Ups

L: 2 Minute Wall Sit

M: 20 Burpees

N: 40 Jumping jacks

O: 25 Burpees

P: 15 Second Arm Circles

Q: 30 Crunches

R: 15 Push Ups

S: 30 Burpees

T: 15 Squats

U: 30 Second Arm Circles

V: 3 Minute Wall Sit

W: 20 Burpees

X: Jumping Jacks

Y: 10 Crunches