

I Commit to a Minimum of 30 Minutes of Exercise, 5 days per week

90 DAY EXERCISE TRACKING FORM

Participant: _____

| 5 days/wk/min | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|---------------|-----|------|-----|-------|-----|-----|-----|
| Week 1 | | | | | | | |
| Week 2 | | | | | | | |
| Week 3 | | | | | | | |
| Week 4 | | | | | | | |
| Week 5 | | | | | | | |
| Week 6 | | | | | | | |
| Week 7 | | | | | | | |
| Week 8 | | | | | | | |
| Week 9 | | | | | | | |
| Week 10 | | | | | | | |
| Week 11 | | | | | | | |
| Week 12 | | | | | | | |
| Week 13 | | | | | | | |

90 DAYS Completed with minimum of 30 minutes of exercise, 5 days/week



www.JuicePlusFitnessEffect.com

I want to commit to this because...

EXERCISE IDEAS

- Walk
- Ride a bike
- Play a sport
- Lift weights
- Take an exercise class
- Wash your car
- Play catch
- Dance
- Follow an exercise video

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*WHAT'S THE BEST EXERCISE YOU CAN DO?
 - THE ONE YOU WILL!*
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