



# 30-Day Walking Lunge Challenge

MON	TUE	WED	THUR	FRI	SAT	SUN
Challenge Goal: Do 1000 Walking Lunges in 30 days	That's 500 walking lunges per leg this month!	Use this tracker to make your plan and track your progress this month!	Ready? Set?  LET'S GOOOOO!	1 Today: Plan: ____ Actual: ____  Month to Date: Plan: ____ Actual: ____	2 Today: Plan: ____ Actual: ____  Month to Date: Plan: ____ Actual: ____	3 Today: Plan: ____ Actual: ____  Month to Date: Plan: ____ Actual: ____
4 Today: Plan: ____ Actual: ____  Month to Date: Plan: ____ Actual: ____	5 Today: Plan: ____ Actual: ____  Month to Date: Plan: ____ Actual: ____	6 Today: Plan: ____ Actual: ____  Month to Date: Plan: ____ Actual: ____	7 Today: Plan: ____ Actual: ____  Month to Date: Plan: ____ Actual: ____	8 Today: Plan: ____ Actual: ____  Month to Date: Plan: ____ Actual: ____	9 Today: Plan: ____ Actual: ____  Month to Date: Plan: ____ Actual: ____	10 Today: Plan: ____ Actual: ____  Month to Date: Plan: ____ Actual: ____
11 Today: Plan: ____ Actual: ____  Month to Date: Plan: ____ Actual: ____	12 Today: Plan: ____ Actual: ____  Month to Date: Plan: ____ Actual: ____	13 Today: Plan: ____ Actual: ____  Month to Date: Plan: ____ Actual: ____	14 Today: Plan: ____ Actual: ____  Month to Date: Plan: ____ Actual: ____	15 Today: Plan: ____ Actual: ____  Month to Date: Plan: ____ Actual: ____	16 Today: Plan: ____ Actual: ____  Month to Date: Plan: ____ Actual: ____	17 Today: Plan: ____ Actual: ____  Month to Date: Plan: ____ Actual: ____
18 Today: Plan: ____ Actual: ____  Month to Date: Plan: ____ Actual: ____	19 Today: Plan: ____ Actual: ____  Month to Date: Plan: ____ Actual: ____	20 Today: Plan: ____ Actual: ____  Month to Date: Plan: ____ Actual: ____	21 Today: Plan: ____ Actual: ____  Month to Date: Plan: ____ Actual: ____	22 Today: Plan: ____ Actual: ____  Month to Date: Plan: ____ Actual: ____	23 Today: Plan: ____ Actual: ____  Month to Date: Plan: ____ Actual: ____	24 Today: Plan: ____ Actual: ____  Month to Date: Plan: ____ Actual: ____
25 Today: Plan: ____ Actual: ____  Month to Date: Plan: ____ Actual: ____	26 Today: Plan: ____ Actual: ____  Month to Date: Plan: ____ Actual: ____	27 Today: Plan: ____ Actual: ____  Month to Date: Plan: ____ Actual: ____	28 Today: Plan: ____ Actual: ____  Month to Date: Plan: ____ Actual: ____	29 Today: Plan: ____ Actual: ____  Month to Date: Plan: ____ Actual: ____	30 Today: Plan: ____ Actual: ____  Month to Date: Plan: ____ Actual: ____	<b>REWARD:</b>