

# JAC Weekly Fitness Challenge



For this challenge I will give up: \_\_\_\_\_

Mon	Tues	Weds	Thurs	Fri	Sat
<input type="checkbox"/> 15 minutes of exercise	<input type="checkbox"/> 15 minutes of exercise	<input type="checkbox"/> 20 minutes of exercise	<input type="checkbox"/> 20 minutes of exercise	<input type="checkbox"/> 25 minutes of exercise	<input type="checkbox"/> 25 minutes of exercise
<input type="checkbox"/> 2 servings of fruit	<input type="checkbox"/> 2 servings of fruit	<input type="checkbox"/> 2 servings of fruit	<input type="checkbox"/> 2 servings of fruit	<input type="checkbox"/> 2 servings of fruit	<input type="checkbox"/> 2 servings of fruit
<input type="checkbox"/> 3 servings of vegetables	<input type="checkbox"/> 3 servings of vegetables	<input type="checkbox"/> 3 servings of vegetables	<input type="checkbox"/> 3 servings of vegetables	<input type="checkbox"/> 3 servings of vegetables	<input type="checkbox"/> 3 servings of vegetables
<input type="checkbox"/> 8 sit ups	<input type="checkbox"/> 10 sit ups	<input type="checkbox"/> 12 sit ups	<input type="checkbox"/> 15 sit ups	<input type="checkbox"/> 18 sit ups	<input type="checkbox"/> 20 sit ups
<input type="checkbox"/> 8 push ups	<input type="checkbox"/> 10 push ups	<input type="checkbox"/> 12 push ups	<input type="checkbox"/> 15 push ups	<input type="checkbox"/> 18 push ups	<input type="checkbox"/> 20 push ups
<input type="checkbox"/> 20 star jumps	<input type="checkbox"/> 30 star jumps	<input type="checkbox"/> 40 star jumps	<input type="checkbox"/> 40 star jumps	<input type="checkbox"/> 50 star jumps	<input type="checkbox"/> 60 star jumps
<input type="checkbox"/> 4 glasses of water	<input type="checkbox"/> 4 glasses of water	<input type="checkbox"/> 4 glasses of water	<input type="checkbox"/> 4 glasses of water	<input type="checkbox"/> 4 glasses of water	<input type="checkbox"/> 4 glasses of water
<input type="checkbox"/> Give up item you wrote on line above	<input type="checkbox"/> Give up item you wrote on line above	<input type="checkbox"/> Give up item you wrote on line above	<input type="checkbox"/> Give up item you wrote on line above	<input type="checkbox"/> Give up item you wrote on line above	<input type="checkbox"/> Give up item you wrote on line above
<input type="checkbox"/> Read for 20 minutes before bed	<input type="checkbox"/> Read for 20 minutes before bed	<input type="checkbox"/> Read for 20 minutes before bed	<input type="checkbox"/> Read for 20 minutes before bed	Read for 20 minutes before bed	Read for 20 minutes before bed