



7-Minute Workout

September 2017 Monthly Challenge

Name: _____

Complete the 7-Minute Workout at least three times a week. Each week, you will be asked to increase the daily frequency of this workout. Record how many times your completed the workout each day.

Example: Week 1, you will complete the 7-Minute Workout once a day, for three days. Week 2, you will complete the 7-Minute Workout twice a day, for three days.

Week	Monday	Tuesday	Wednesday	Thursday	Friday
Example	1	0	2	0	1
Week 1: 1XDay, 3 Days	5	6	7	8	9
Week 2: 2XDay, 3 Days	11	12	13	14	15
Week 3: 3XDay, 3 Days	18	19	20	21	22
Week 4: 4XDay, 3 Days	25	26	27	28	29

Return your Tracking Sheet to: wellness@weber.edu or MC 3201 by Friday, October 6.

