

30 Day Cardio Challenge

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	WEEK POINTS TOTAL
			Trial 'Run'				
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21	
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28	
Day 29	Day 30		Final 'Run'				

The Goal is to find consistent movement throughout the 30 days, Acquiring as many points as possible, to have fun with cardio type activities, and to help each other stay motivated and consistent.

You have a chance to earn daily points at your pace, your time, your work, on your schedule.

The more work completed = the more points earned = increased progress in yourself

Starting with the Trial Run. You will have five days to complete an 8 minute cardio workout of your choice as a baseline test to see progress at the end.

Day 1 begins the opportunity to start earning points. You may choose the activity that fits your schedule. Choose one or multiple to perform throughout each day. Make sure you count your reps and/or minutes and record your points on the log to help you keep track. Then submit the weeks score by the following Tuesday from the link in your email.

There will be 'Bonus Point Days' throughout the challenge. Something a little extra that you can do at home to increase your points or to make up for days missed.

After Day 30, you will then have 5 days to complete the Final Run. You will perform the same activity you chose for the Trial Run and try to beat your score.

Total Points

Activity	Reps/Time	Points
Brisk Walking	1 minute	1
1 Hops	1 minute	1
Speed Skaters	20 reps	1
Hop Overs	20 reps	1
Jumping Jacks	1 minute	2
Jump Rope	1 minute	2
High Knees	1 minute	2
Running	1 minute	2
Pepsi's	1 minute	2
Burpee - chest to ground	5 reps	1
Burpee - no push up	10 reps	1
Attend Class	Each class	10
Beat Trial Run Score		30

Trial Run

A baseline test of your skills. The goal is to improve this score by the end of the 30 days. You will have 5 days to complete this test and submit your score before the challenge starts. If you don't submit your score before day 1 starts, you will not have the opportunity to earn points from besting this score at the end with the Final Run. This deadline is to help you stay motivated and to keep you accountable for the work you do.

The Trial Run:

8 Minute Max Effort of the activity you choose.

How This Works

You will pick one activity from the following list and get as many reps or as far as possible (if you have a way to track distance) in 8 minutes.

Write down your repetitions or distance and then fill out the form to submit your score before Day 1 begins.

Activity	Max Effort
Brisk Walking	Distance
Speed Skaters	Repetitions
Hop Overs	Repetitions
Running	Distance
Burpee - chest to ground	Repetitions
Burpee - no push up	Repetitions
Jump Rope	Repetitions

30 Day Cardio Challenge

Each day is an opportunity to work hard, get sweaty, and earn points! You can switch up your activities each day or do the same thing that works for you. **Every point counts!** You will have until the following Tuesday to submit your previous weeks score. (Monday- Sunday)

Example: Rainy day & unable to attend class

Create a morning workout of

5 rounds:

1 minute jumping jacks = 2 points

20 speed skaters = 1 point

10 burpee no push up = 1 point

4 points per round x 5 rounds = 20 points

Then in the evening

1 minute pepsis with 1 minute rest x 3 rounds = 6 points

Total for the day = 26 points

Example: A gorgeous sunny day.

20 minute brisk walk on lunch break outside = 20 points

Attend evening class = 10 points

Total for the day = 30 points

Example: Busy day - doing what you can

5 burpees - chest to ground sets throughout the day

Able to get 10 sets before bed = 10 points for the day

Bonus Point Days

A chance to catch up or get ahead on your total points. These Bonus activities will be something a little "extra" to do for an increased point value.

Final Run

The test of progress made throughout the 30 Day Cardio Challenge. You will have 5 days after the challenge to perform the same activity you choose for the Trial Run and submit your score with the goal of beating your previous attempt.

Trial 'Run'

Activity: _____ Score: Reps/Distance: _____

Day	Activity	Reps/Time	Points
1			
2			
3			
4			
5			
6			
7			

Bonus _____ Points _____

Day	Activity	Reps/Time	Points
8			
9			
10			
11			
12			
13			
14			

Bonus _____ Points _____

Day	Activity	Reps/Time	Points
15			
16			
17			
18			
19			
20			
21			

Bonus _____ Points _____

Day	Activity	Reps/Time	Points
22			
23			
24			
25			
26			
27			
28			

Bonus _____ Points _____

Day	Activity	Reps/Time	Points
29			
30			

Points _____

Final 'Run'

Activity: _____

Score: Reps/Distance: _____

_____ + _____ + _____ + _____ + _____ + _____ = _____
 Day 1 - 7 Day 8 - 14 Day 15 - 21 Day 22 - 28 Day 29 - 30 Beat Trial Score? Add 30 pts FINAL SCORE