

FEBRUARY 2019 - WORKOUT TRACKER

FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
#: _____ Description: _____ Length of Time: _____ 1	#: _____ Description: _____ Length of Time: _____ 2	#: _____ Description: _____ Length of Time: _____ 3	#: _____ Description: _____ Length of Time: _____ 4	#: _____ Description: _____ Length of Time: _____ 5	#: _____ Description: _____ Length of Time: _____ 6	#: _____ Description: _____ Length of Time: _____ 7
#: _____ Description: _____ Length of Time: _____ 8	#: _____ Description: _____ Length of Time: _____ 9	#: _____ Description: _____ Length of Time: _____ 10	#: _____ Description: _____ Length of Time: _____ 11	#: _____ Description: _____ Length of Time: _____ 12	#: _____ Description: _____ Length of Time: _____ 13	#: _____ Description: _____ Length of Time: _____ 14
#: _____ Description: _____ Length of Time: _____ 15	#: _____ Description: _____ Length of Time: _____ 16	#: _____ Description: _____ Length of Time: _____ 17	#: _____ Description: _____ Length of Time: _____ 18	#: _____ Description: _____ Length of Time: _____ 19	#: _____ Description: _____ Length of Time: _____ 20	#: _____ Description: _____ Length of Time: _____ 21
#: _____ Description: _____ Length of Time: _____ 22	#: _____ Description: _____ Length of Time: _____ 23	#: _____ Description: _____ Length of Time: _____ 24	#: _____ Description: _____ Length of Time: _____ 25	#: _____ Description: _____ Length of Time: _____ 26	#: _____ Description: _____ Length of Time: _____ 27	#: _____ Description: _____ Length of Time: _____ 28

THIS MONTH'S THEME - CHOOSE YOUR ADVENTURE:

Pick a type of workout to do for the day, and put the corresponding # into the calendar square.
You can choose more than one # to do in a day.

#1-Yoga #2-Interval or Circuit Training #3-Hike or Walk
#4-Running #5-Zumba or Dancing #6-Weight Lifting #7-Pilates
#8-Playing a Sport #9-Stair Workout #10-Spin or Cycling #11-Other

Feel free to take a picture of your progress and post it to Instagram! Just be sure to tag @bethanywood.healthcoach in your post! To find out more about health coaching, go to www.bethanywoodhealthcoach.com.

Disclaimer: Bethany Wood is not responsible for any injuries that may occur due to improper form or overuse of these movements. Warming up is recommended.

