

BLANK CALENDAR CHALLENGE

This month's challenge is to create your own workout routine using this blank calendar. There are no rules to this challenge other than to list what exercise you did that day and for how long you did it. It can be as simple as walking laps around the house, walking up and down the stairs, lifting weights, doing a 5 minute core routine, getting cardio in on a treadmill/elliptical/bike, or whatever it is that you did that day to be considered exercise (something extra that you do outside of your daily activities).

The KEY to exercise is to be CONSISTENT. I think this blank calendar gives everyone (at any fitness level) a great opportunity to start with some sort of routine to help you become consistent and then continue to build on that. There is no pressure coming from anyone else and there is nothing in particular you have to follow. This blank calendar challenge is based solely on YOU and challenging you wherever you are in your fitness journey at this point. No matter what you fill in or how many days you complete, use it as a tool and a motivator to build on what you started with. **Find what works best for you in your schedule, but make sure whatever that looks like is a true challenge for you and that you end the month knowing you did your best with the days you filled in.**

The beginning of the New Year is a time where most people set new year's resolutions and a lot of those resolutions have to do with exercise and "getting in shape." Unfortunately most people will not complete their fitness resolutions and I personally believe it is because people set themselves up for failure by trying to do something that is unrealistic for them in their own fitness journey. It is important to set expectations, but it is more important that you set REALISTIC expectations. Everyone starts their journey at their own fitness level and we should not all be grouped together in one category and expect the same results. You need to **challenge** yourself to do what is best for YOU and YOUR BODY in YOUR TIMELINE as part of YOUR fitness journey.

And there is no better time to start this than right NOW. So I encourage you to use this blank calendar for your fitness journey at whatever level you are at right now and then continue to build off of what you accomplish. And please remember- it's not all about how much you do and how long you do it (although this too is important)... but also about doing something consistently, sticking with it, and checking off one goal at a time. You can accomplish this by challenging YOURSELF to be the best version of YOU that you can be.... YOU GOT THIS!!

P.S.- if you don't know where to start or how to start, or maybe you have some injuries that you don't know how to work around: please contact me and I will be more than happy to assist you. I have dedicated my career (and graduated with an exercise science degree) to helping people find the best path for their fitness journey and in turn becoming their best self. This is my passion and what I love to do and I am here to help!! Check out my website for more details: gabbymillerfitness.wixsite.com/fitness or find me on google by searching: **Gabby Miller Fitness**

[It is recommended by the American Heart Association that you get 150 minutes of exercise per week and that 2 days are dedicated to strength training. Read more by visiting: <https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults>]

Name: _____

Month: _____

Goal: _____

[illegible]