



AIM FOR AT LEAST  
**100 POINTS**  
EVERY DAY FOR 30 DAYS

|        | Date  | Weight |
|--------|-------|--------|
| Start  | _____ | _____  |
| Finish | _____ | _____  |

See reverse for details

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:



• Consult your Physician before starting this or any exercise/ diet program

- Earn **10 Points a day** from each item completed from the 4 categories below
- Multiply the points for doing more. For example, Earn 10 points for walking 1 mile. Earn 20 points for walking 2 miles
- Modify any exercise or activity to suit your fitness level

**CARDIO**

- Walk 1 mile
- Ride a bike for 3 miles
- Swim for 15 minutes
- Jumping jacks for 10 minutes
- Climb 10 flights of stairs
- Mountain climbers for 5 minutes
- Jump rope for 10 minutes
- Light jog for 15 minutes

**STRENGTH**

- 25 Squats
- 25 Hip Raises (Bridge)
- 25 Sit Ups
- 20 Push Ups
- 10 Pull Ups
- 45-Second Wall Sit
- 15 Dips
- 15 Burpees

**FLEXIBILITY AND RELAXATION**

- Learn a new stretching routine
- Stretch every morning for 3 minutes
- Stretch every night for 3 minutes
- Meditate for 10 minutes
- Soak in a warm bath
- Practice taking slow, deep breaths
- No electronics 1 hour before bedtime
- Aim for 6-8 hours of restful sleep

**NUTRITION**

- Eat a healthy breakfast every morning
- Eat more fresh fruits and vegetables
- Drink more water
- Skip sugary drinks like soda or juice
- Cook at home
- Avoid processed junk food
- Get more fiber in your diet
- Make dinner small and light