

GET STRONGER Challenge

WEEK:

DAYS COMPLETED:

S M T W T F S

WARM-UP / STRETCHES:

yes no

SIT TO STAND (# COMPLETED)

1 2 3 4 5 6 7 8 9 10

HEEL LIFTS / TOE LIFTS

1 2 3 4 5 6 7 8 9 10

ANKLE CIRCLES / SHAKE IT OUT!

BICEP CURLS

2 #S

10 REPS

1 SET

SHOULDER PRESS

ANTERIOR DELTOID LIFT

TRICEP CURLS

WATER: 

*WEIGHT / REPS / SETS

HOW DO I FEEL THIS WEEK?
(CIRCLE # OF STARS)



WHAT MOTIVATES ME?
