



HEALTH & FITNESS CHALLENGE

AFPT

YOU AGAINST THE CLOCK

In 15, 30, 45 or 60 minutes how far can you go? walk, jeff, run, cycle, swim, or any cardio equipment (same duration & method each week).

Method -

Time -

Scores

week 1 -

week 3 -

week 2 -

week 4 -

LADDER SUPER SET

In 10 minutes how far up the ladder can you get? Take it on as many times as you like during the month to improve your score.

Squats & Ab Curls

e.g. 1 squat, 1 ab curl, 2 squats, 2 ab curls, 3 squats, 3 ab curls etc

Scores

week 1 -

week 3 -

week 2 -

week 4 -

NUTRITION CHALLENGE

Eat 28 different fruit or vegetables in the month. Keep an eye on my blogs and social media posts this month for loads of ideas.

Log your fruit & veg on the reverse.