

40 Day Exercise Challenge 2017



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Exercise: </p> <p>Time:</p>		<p>1st</p> <p>Exercise: </p> <p>Time: </p>	<p>2nd</p>	<p>3rd</p> <p>Exercise: </p> <p>Time:</p>	<p>4th</p> <p>Exercise:</p> <p>Time:</p>	<p>5th</p> <p>Exercise: </p> <p>Time:</p>
<p>6th</p> <p>Exercise:</p> <p>Time:</p>	<p>7th</p> <p>Exercise: </p> <p>Time:</p>	<p>8th</p> <p>Exercise:</p> <p>Time:</p>	<p>9th</p> <p>Exercise: </p> <p>Time:</p>	<p>10th</p> <p>Exercise:</p> <p>Time:</p>	<p>11th</p> <p>Exercise: </p> <p>Time:</p>	<p>12th</p> <p>Exercise:</p> <p>Time:</p>
<p>13th</p> <p>Exercise: </p> <p>Time:</p>	<p>14th</p> <p>Exercise:</p> <p>Time:</p>	<p>15th</p> <p>Exercise: </p> <p>Time:</p>	<p>16th</p> <p>Exercise:</p> <p>Time:</p>	<p>17th</p> <p>Exercise: </p> <p>Time:</p>	<p>18th</p> <p>Exercise:</p> <p>Time:</p>	<p>19th</p> <p>Exercise: </p> <p>Time:</p>
<p>20th</p> <p>Exercise:</p> <p>Time:</p>	<p>21st</p> <p>Exercise:</p> <p>Time: </p>	<p>22nd</p> <p>Exercise:</p> <p>Time:</p>	<p>23rd</p> <p>Exercise: </p> <p>Time:</p>	<p>24th</p> <p>Exercise:</p> <p>Time:</p>	<p>25th</p> <p>Exercise: </p> <p>Time:</p>	<p>26th</p> <p>Exercise:</p> <p>Time:</p>
<p>27th</p> <p>Exercise: </p> <p>Time:</p>	<p>28th</p> <p>Exercise:</p> <p>Time:</p>	<p>29th</p> <p>Exercise: </p> <p>Time:</p>	<p>30th</p> <p>Exercise:</p> <p>Time:</p>	<p>31st</p> <p>Exercise: </p> <p>Time:</p>	<p>1st</p> <p>Exercise:</p> <p>Time:</p>	<p>2nd</p> <p>Exercise: </p> <p>Time:</p>
<p>3rd</p> <p>Exercise:</p> <p>Time:</p>	<p>4th</p> <p>Exercise: </p> <p>Time:</p>	<p>5th</p> <p>Exercise:</p> <p>Time:</p>	<p>6th</p> <p>Exercise: </p> <p>Time:</p>	<p>7th</p> <p>Exercise:</p> <p>Time:</p>	<p>8th</p> <p>Exercise: </p> <p>Time:</p>	<p>9th</p> <p>Exercise:</p> <p>Time:</p>
<p>10th</p> <p>Exercise: </p> <p>Time:</p>	<p>11th</p> <p>Exercise:</p> <p>Time:</p>	<p>12th</p> <p>Exercise: </p> <p>Time:</p>	<p>13th</p> <p>Exercise:</p> <p>Time:</p>	<p>14th</p> <p>Exercise: </p> <p>Time:</p>	<p>15th</p> <p>Exercise:</p> <p>Time:</p>	<p>16th</p> <p></p>