

Fit-in-Ten Challenge

Improve your fitness in just 10 minutes, 3 times a day!

Goal: Find 10 minutes each day, three times a day, to get up and get moving. An efficient 10-minute workout routine can help you lose weight and build muscle.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Days Goal Achieved Each Week
Week 1	<input type="checkbox"/> 10 Minutes	<input type="checkbox"/> 10 Minutes	<input type="checkbox"/> 10 Minutes	<input type="checkbox"/> 10 Minutes	<input type="checkbox"/> 10 Minutes	<input type="checkbox"/> 10 Minutes	<input type="checkbox"/> 10 Minutes	
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Week 2	<input type="checkbox"/> 10 Minutes	<input type="checkbox"/> 10 Minutes	<input type="checkbox"/> 10 Minutes	<input type="checkbox"/> 10 Minutes	<input type="checkbox"/> 10 Minutes	<input type="checkbox"/> 10 Minutes	<input type="checkbox"/> 10 Minutes	
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Week 3	<input type="checkbox"/> 10 Minutes	<input type="checkbox"/> 10 Minutes	<input type="checkbox"/> 10 Minutes	<input type="checkbox"/> 10 Minutes	<input type="checkbox"/> 10 Minutes	<input type="checkbox"/> 10 Minutes	<input type="checkbox"/> 10 Minutes	
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Week 4	<input type="checkbox"/> 10 Minutes	<input type="checkbox"/> 10 Minutes	<input type="checkbox"/> 10 Minutes	<input type="checkbox"/> 10 Minutes	<input type="checkbox"/> 10 Minutes	<input type="checkbox"/> 10 Minutes	<input type="checkbox"/> 10 Minutes	
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