

Active Me 2023 Daily Challenges

(Excises can be adjusted for level)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 10 Pushups	3 10 jumping jacks	4 5 burpees	5 10 squats	6 10 plank jacks	7 choice
8 choice	9 15 pushups	10 20 jumping jacks	11 10 burpees	12 20 squats	13 20 plank jacks	14 choice
15 choice	16 20 pushups	17 30 jumping jacks	18 15 burpees	19 30 squats	20 30 plank jacks	21 choice
22 choice	23 25 pushups	24 40 jumping jacks	25 20 burpees	26 40 squats	27 40 plank jacks	28 choice
29 choice	30 30 pushups	31 50 jumping jacks	1	2	3	4
5	6	Week One=1 Ticket Week Two=3 Tickets Week Three=5 Tickets Week Four=7 Tickets Week Five=9 Tickets				