

DATE: _____



5 DAY FITNESS AT-HOME HABIT BUILDER

MONDAY

- | | |
|-----------------------------------|--|
| <input type="checkbox"/> Push ups | <input type="checkbox"/> Crunches |
| <input type="checkbox"/> Squats | <input type="checkbox"/> Jumping Jacks |
| <input type="checkbox"/> Lunges | <input type="checkbox"/> min. Walk |

TUESDAY

- | |
|--|
| <input type="checkbox"/> Jumping Jacks |
| <input type="checkbox"/> min. Walk |

WEDNESDAY

- | | |
|-----------------------------------|--|
| <input type="checkbox"/> Push ups | <input type="checkbox"/> Crunches |
| <input type="checkbox"/> Squats | <input type="checkbox"/> Jumping Jacks |
| <input type="checkbox"/> Lunges | <input type="checkbox"/> min. Walk |

THURSDAY

- | |
|--|
| <input type="checkbox"/> Jumping Jacks |
| <input type="checkbox"/> min. Walk |

FRIDAY

- | | |
|-----------------------------------|--|
| <input type="checkbox"/> Push ups | <input type="checkbox"/> Crunches |
| <input type="checkbox"/> Squats | <input type="checkbox"/> Jumping Jacks |
| <input type="checkbox"/> Lunges | <input type="checkbox"/> min. Walk |

SATURDAY SUNDAY

Rest

