

At Home Cardio Challenge

The 30-day challenge is an opportunity to change your life in just one month. By identifying something you can work on in small doses all month long, you will be one step closer to the person you want to be. In collaboration with Traci Copeland, we've created a 30-day challenge for daily exercises that encourage getting active.

I want to make this 30-day challenge happen because...

My plan of action is...

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Traci's Tips & Tricks:

1. Make sure you have a good upbeat playlist to play while you're doing your cardio.
2. Feel free to swap out days that work best for your schedule or are aligned with the weather.
3. On days you feel your best after a workout, remember what you ate and how much you slept the night before. These all affect your workout.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
15 Minute Walk <input type="radio"/>	30 Second High Knees, 10 Squats, & 10 Burpees (x3) <input type="radio"/>	Walk 10 Minutes, Run 5 Minutes <input type="radio"/>	Recovery Day <input type="radio"/>	40 Minute Hike or Trail Walk <input type="radio"/>	15 Minute Low Impact Cardio (Bike, Elliptical, Swim, or Walk) <input type="radio"/>	Recovery Day <input type="radio"/>
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
20 Minute Walk <input type="radio"/>	15 Burpees, 30 Second High Knees, & 30 Second Planks (x3) <input type="radio"/>	Walk 10 Minutes, Run 10 Minutes <input type="radio"/>	Recovery Day <input type="radio"/>	1 Minute Fast Running & 1 Minute Walking (x5) <input type="radio"/>	20 Minute Low Impact Cardio (Bike, Elliptical, Swim, or Walk) <input type="radio"/>	Recovery Day <input type="radio"/>
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
25 Minute Walk <input type="radio"/>	1 Minute Jump Rope, 10 Pushups, & 10 Squat Jumps (x3) <input type="radio"/>	Walk 10 Minutes, Run 15 Minutes <input type="radio"/>	Recovery Day <input type="radio"/>	90 Minute Hike or Trail Walk <input type="radio"/>	25 Minute Low Impact Cardio (Bike, Elliptical, Swim, or Walk) <input type="radio"/>	Recovery Day <input type="radio"/>
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
30 Minute Walk <input type="radio"/>	1 Minute Planks, 30 Second High Knees, & 10 Burpees (x3) <input type="radio"/>	2 Mile Run <input type="radio"/>	Recovery Day <input type="radio"/>	1 Minute Fast Running & 1 Minute Walking (x6) <input type="radio"/>	30 Minute Low Impact Cardio (Bike, Elliptical, Swim, or Walk) <input type="radio"/>	Recovery Day <input type="radio"/>
DAY 29	DAY 30					
35 Minute Walk <input type="radio"/>	3 Mile Run <input type="radio"/>					

Reflect and celebrate. How do you feel after completing the 30 day challenge?

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