



Bootiful Fitness Spring to summer 10 Week Challenge

Monday 8th October - Sunday 9th December

Goals						Partners Name				
Day ↓ Challenge →	Week 1 Distance	Week 2 Wall Sit	Week 3 Squat/	Week 4 Plank	Week 5 Push up	Week 6 Distance	Week 7 Wall Sit	Week 8 Squat	Week 9 Plank	Week 10 Push up
Mon	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total
Tues	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total
Wed	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total
Thurs	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total
Fri	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total
Sat	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total
Sun	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total
Total										
Testing	Week 1 Field	Push ups	Plank	Wall sit	1km	Week 10 Field	Push ups	Plank	Wall sit	1km
Weight	Start Weight									Final Weight

How the challenge works

Your Chart

Place your chart on the fridge, each day record the exercise you have done, try and fit something in a minimum of 5 days a week, it is normal to feel a little sore when starting out, or if you have not done something for a while, but stick to it, it will get easier and less intense. We are trying to make Exercise a part of your life. The testing section is more for those doing it mainly from home, The first section is Field, which is the field run/walk of around 450 meters, use the same field that you used in your original test. 1 Minute of Push ups, and do the plank and wall sit for as long as you can. Also go for a walk or run for 1 km as fast as you can.

Partner work - You will be in pairs and the work that you do goes towards points that you earn. It's important to come up with a plan to keep each other motivated and that could be saying that you will both do a certain amount of the weekly challenge each, or pushing each other to do more, you may want to go out and do distance work together. So keep each other motivated to stay off the rubbish food and to keep going. Have each others back, remember you doing this for yourself as well being accountable to others. You will also be put in teams, the challenge will be split in half and those points will be accumulated too. Support and encourage and get involved as much as possible, and do your best, you are meant to challenge yourself and improve weekly.

Weekly Challenges

Week 1 & 6 For every km you do you and your team will get 1 point.

Week 2 & 7 For every minute you can hold a wall sit you and your team will get a point.

Week 3 & 8 For every 100 squats you do you and your team will get 1 point.

Week 4 & 9 For every minute that you plank you do you and your team will get 1 point.

Week 5 & 10 Push ups For every 100 push ups you and your partner you do you and your team will get 1 point.

For weeks 6 -10 you will be doing the same, but you will also be competing against your earlier weeks, so you need to beat them and you will get 2 bonus points for beating your previous week of the same exercise.

For example if your team did 400 push ups in week 1 you would get 4 points, if you did 700 push ups in week 6 you would get the 7 points plus 2 bonus points

Don't stress about rounding up your number to the nearest 100 as they get added together anyway. It's more important to get your results in, preferably the Points can be inputted in the Challenge members only forum spreadsheet, please be careful when updating and only change your points, and the correct week.

Workouts

There will be workouts uploaded in the website Challenge Members only forum, these are you tube video's made by Kirsty, they are designed to improve strength and fitness, If you can't make any classes they are a great alternative, most will be under 30 minutes.

Website Forum

The password for the Website Forum is Summer18, you will only be able to enter if you have become a member of the website, which can simply be done by using your FB login if you haven't done already.