

# 30-DAY Couple's Challenge



**FREE  
TRACKING  
PRINTABLES!**

**GET HEALTHIER AND HAPPIER TOGETHER!**

**MAYBE I WILL**

POSITIVE / FIT / HEALTHY

# 30-DAY Couple's Challenge

BRING IT ON!

CHALLENGE	MON	TUE	WED	THU	FRI	SAT
 <b>+ 5PTS</b> Working out for at least 30 mins						
 <b>+ 1PT EACH</b> 8oz of glass of water consumed						
 <b>+ 5PTS</b> No processed sugar all day!						
 <b>+ 1PT EACH</b> Every mile ran						
 <b>- 5PTS</b> Drinking soda						
 <b>- 5PTS</b> Eating fast food						
 <b>+ 5PTS</b> Complete 4 sets of ab exercises with 20 reps						
 <b>+ 5PTS</b> Reached or below caloric goal						
 <b>+ 10PTS</b> Bonus points for extra activities; i.e walking, bike ride with the kids, or extra workout (min 20 minutes)						

**MAYBE I WILL**

30-DAY

# *Couple's Challenge*

## TRACKER

NAME

MON

TUE

WED

THU

FRI

SAT

TOTAL  
POINTS

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

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