



30 DAY ACCOUNTABILITY CHALLENGE

Routines are so important right now, they help provide a sense of normalcy in today's out of the ordinary lifestyles. This challenge will provide the structure, all you have to do is stick to it!

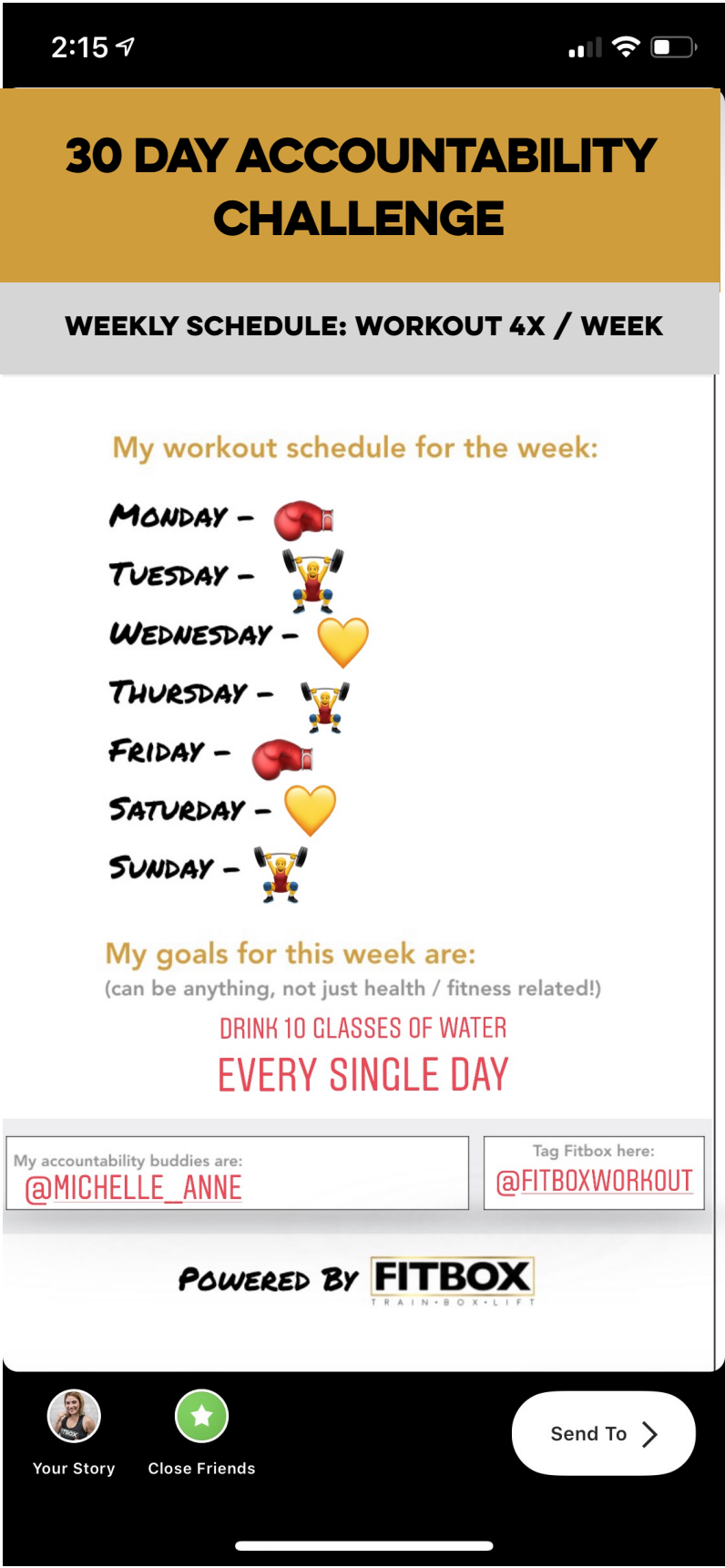


HOW IT WORKS

Print or take a screenshot of our Accountability Calendars on the next pages and add text & emojis when you fill it out. Post to your feed or stories, and tag us!! Tag an accountability buddy too! If you print it out, place them on your fridge or bulletin board and fill them out as you go!

1

Every Sunday, set your intentions for the week using our Weekly Workout Planner.



2

Every time you workout, post an accountability pic or video and tag us!



3

Every time you do your daily reps, post yourself doing them and tag us!



4

At the end of the week, fill out your Monthly Calendar to visualize your hard work.



30 DAY ACCOUNTABILITY CHALLENGE

WEEKLY SCHEDULE: WORKOUT 4X / WEEK

My workout schedule for the week:

MONDAY -

TUESDAY -

WEDNESDAY -

THURSDAY -

FRIDAY -

SATURDAY -

SUNDAY -

My goals for this week are:
(can be anything, not just health / fitness related!)

My accountability buddies are:

Tag Fitbox here:

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MONTHLY GOAL: WORKOUT 4X / WEEK

MON TUE WED THUR FRI SAT SUN

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	<div>Boxing</div> <div>Bike Spin</div> <div>Strength Weights</div> <div>Yoga Stretch</div> <div>Hike Run</div> <div>Rest</div>				

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DAILY GOAL: COMPLETE YOUR REPS

- ☐ 60 JUMPING JACKS
- ☐ 50 CROSS PUNCHES
- ☐ 40 FRONT KICKS
- ☐ 30 SQUATS
- ☐ 20 SIT UPS
- ☐ 10 PUSH UPS

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