



# WEEK 2

<u>Goals</u>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL TICKS
Push Ups x 30								
Squats x 30								
Crunches x 30								
Dips x 30								
Lunges x 30								
Walk x 3km (30 Mins)								
Water x 8 cups (3 Litres)								

## Rules:

- Complete each of the 7 goals every day and give yourself a tick!
- Exercises don't need to be done in order and can be split up
- Lunges are total of 30 (15 each leg)
- Aim for the whole 49 ticks a week
- Compete with a friend maybe even throw in a bet between you both!
- If it's too easy, double the numbers!!