

Enter your exercises

| | | | | Days of CHRISTmas | | | | | | | | | | | |
|----------|----------|------|------|-------------------|----------|----------|----------|----------|----------|----------|----------|----------|-----------|-----------|-----------|
| Day | Exercise | Reps | Sets | <u>1</u> | <u>2</u> | <u>3</u> | <u>4</u> | <u>5</u> | <u>6</u> | <u>7</u> | <u>8</u> | <u>9</u> | <u>10</u> | <u>11</u> | <u>12</u> |
| 1st day | | 1 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 2nd day | | 2 | 11 | | 2 | 4 | 6 | 8 | 10 | 12 | 14 | 16 | 18 | 20 | 22 |
| 3rd day | | 3 | 10 | | | 3 | 6 | 9 | 12 | 15 | 18 | 21 | 24 | 27 | 30 |
| 4th day | | 4 | 9 | | | | 4 | 8 | 12 | 16 | 20 | 24 | 28 | 32 | 36 |
| 5th day | | 5 | 8 | | | | | 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 |
| 6th day | | 6 | 7 | | | | | | 6 | 12 | 18 | 24 | 30 | 36 | 42 |
| 7th day | | 7 | 6 | | | | | | | 7 | 14 | 21 | 28 | 35 | 42 |
| 8th day | | 8 | 5 | | | | | | | | 8 | 16 | 24 | 32 | 40 |
| 9th day | | 9 | 4 | | | | | | | | | 9 | 18 | 27 | 36 |
| 10th day | | 2 | 3 | | | | | | | | | | 2 | 4 | 6 |
| 11th day | | 11 | 2 | | | | | | | | | | | 11 | 22 |
| 12th day | | 12 | 1 | | | | | | | | | | | | 12 |

Do exercises in order as the song 12 Days of Christmas.

On day one, do only the exercise for day one

On day two start the song over: Do the first day (exercise 1), then do the second day (exercise 2 + 1).

On day three, start the song over: Do the first day (exercise 1) then do the second day (exercise 2 + 1), then the third day (exercise 3+2+1)

On day four, start the song over: Do the first day (exercise 1) then do the second day (exercise 2 + 1), then the third day (exercise 3+2+1), then day four (exercise 4+3+2+1)

Repeat to 12 days at which time we will be doing all 12 days of exercise consecutively in one session (or rest when you want).

Days 13 - 31, do your 12-days of CHRISTmas challenge routine 5 or more days/week.

Tracker: The 12-days of CHRISTmas:

| | | | | | | |
|--|------------------|--------------------|--------------------|--------------------|------------------|------------------|
| Day 1 December 1 | Day 2 December 2 | Day 3 December 3 | Day 4 December 4 | Day 5 December 5 | Day 6 December 6 | Day 7 December 7 |
| Day 8 December 8 | Day 9 December 9 | Day 10 December 10 | Day 11 December 11 | Day 12 December 12 | | |
| Do your routine (Day 12) at least 15 of the next 19 days: | | | | | | |
| December 13th | December 14th | December 15th | December 16th | December 17th | December 18th | December 19th |
| December 20th | December 21st | December 22nd | December 23rd | December 24th | December 25th | December 26th |
| December 27th | December 28th | December 29th | December 30th | December 31st | Happy New Year! | |

My signature below testifies that I successfully completed the 30 day, 12 days of CHRISTmas Challenge as indicated on this tracker.

x _____