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| 7-DAY FITNESS CHALLENGE | | | |
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| **DAYS** | **EXERCISE** | **DURATION** | **NOTES** |
| DAY 1 |  |  |  |
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| DAY 2 |  |  |  |
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| DAY 3 |  |  |  |
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| DAY 4 |  |  |  |
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| DAY 5 |  |  |  |
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| DAY 6 |  |  |  |
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| DAY 7 |  |  |  |
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| [source: www.neworchards.com](https://www.neworchards.com) | | | |