

FEBRUARY CHALLENGE

HEALTHY HEART HUSTLE






Celebrate Heart Month with movement that matters!

Each week, mix different types of exercise—cardio, strength training, and stretching—and track how much time you spend on each. Don't forget rest days! Fill in hearts as you progress according to the chart.

Goal: Fill 40 hearts by the end of the month

Weekly target: About 10 hearts per week

How to earn hearts

10 minutes of stretching =	
10 minutes of cardio =	
10 minutes of strength training =	
Weekly check-in with your health coach =	
Wear red on Fridays =	

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
31	32	33	34	35	36	37	38	39	40

GOAL!

Bonus hearts

41	42	43	44	45	46	47	48	49	50
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