



GO TO WEBSITE FOR TIMER

4 WEEK EXERCISE TRACKER

How to use this tracker

Print and keep this sheet out somewhere you can see it. It'll be easier to keep track of and see your progress throughout the 4 weeks.

We hope you enjoy the February program ☺

- ▶ Do one minute of each exercise using the timer.
- ▶ Do 3 rounds, or as many times as you can to start with and build up to 3 rounds.
- ▶ Tick off your 9 minute workout each day.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	♥	♥	♥	♥	♥
WEEK 2	♥	♥	♥	♥	♥
WEEK 3	♥	♥	♥	♥	♥
WEEK 4	♥	♥	♥	♥	♥

Let us know what you think of the February program, visit our Facebook page at www.facebook.com/SquareBoxFitness/

