

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 😊

WELLth Program 2020 Online Fitness February

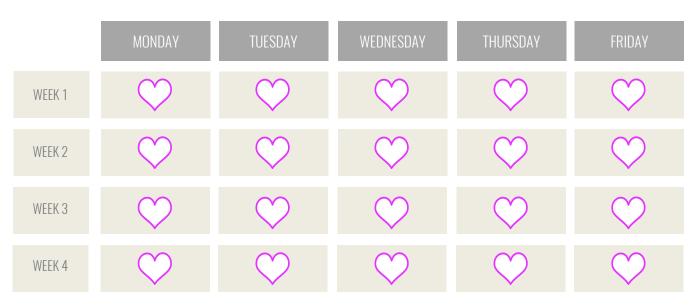


4 WEEK EXERCISE TRACKER

GO TO WEBSITE FOR TIN

How to use this tracker

- 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.



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



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