



## 10-WEEK-TRACKER

### How to use this tracker

Print this sheet and keep it somewhere you can see it. It'll be easier to keep track of and see your progress throughout the 10 week program.

*We hope you enjoy the program 😊*

- ▶ Download and read the exercise program guide at the start of each week.
- ▶ Play the 9 minute workout video daily and exercise to your ability Monday to Friday.
- ▶ Tick your tracker when done.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	♥	♥	♥	♥	♥
WEEK 2	♥	♥	♥	♥	♥
WEEK 3	♥	♥	♥	♥	♥
WEEK 4	♥	♥	♥	♥	♥
WEEK 5	♥	♥	♥	♥	♥
WEEK 6	♥	♥	♥	♥	♥
WEEK 7	♥	♥	♥	♥	♥
WEEK 8	♥	♥	♥	♥	♥
WEEK 9	♥	♥	♥	♥	♥
WEEK 10	♥	♥	♥	♥	♥

Email me if you would like additional guidance or have questions on the WELLth Program: [Anna@SquareBoxFitness.com](mailto:Anna@SquareBoxFitness.com)