

# 31-Day Teen Fitness Challenge



**CHECK OFF ONE ACTIVITY  
PER DAY FOR 31 DAYS**

Activities can be completed in  
any order that works for you!

DATE COMPLETED	DATE COMPLETED	DATE COMPLETED	DATE COMPLETED	DATE COMPLETED
Take a RIDE class	Try Hot Power Yoga	Rest and complete a daily gratitude journal entry		
Try the Total-Body Tabata workout	Try the Protein Smoothie Bowl recipe	Rest and complete a daily gratitude journal entry	Try the Stairmaster Shred	Try YIN/YANG Yoga
Rest and complete a daily gratitude journal entry	Take an RPM™ class	Try the Chocolate Protein Pudding recipe	Rest and complete a daily gratitude journal entry	Try the 20-minute rowing workout
Begin the Hydration Challenge	Rest and complete a daily gratitude journal entry	Take a BODYATTACK™ class	Try the PB&J Smoothie Recipe	Rest and complete a daily gratitude journal entry
Take a BODYCOMBAT™ class	Try the 15-minute stretching routine	Rest and complete a daily gratitude journal entry	Take a RIDE class	Try Hot Power Yoga
Rest and complete a daily gratitude journal entry	Try the Full-body Beginner Strength-Training workout	Try YIN/YANG Yoga	Rest and complete a daily gratitude journal entry	Try the 10-minute ab workout
Try the Energy Bite recipe	Rest and complete a daily gratitude journal entry	Reflection and goal setting		