



30 DAY STEP CHALLENGE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

01 5,000 STEPS	02 5,500 STEPS	03 6,000 STEPS	04 5,000 STEPS	05 6,500 STEPS	06 7,000 STEPS	07 7,500 STEPS
08 5,000 STEPS	09 8,000 STEPS	10 8,500 STEPS	11 9,000 STEPS	12 5,000 STEPS	13 9,500 STEPS	14 10,000 STEPS
15 10,500 STEPS	16 5,000 STEPS	17 11,000 STEPS	18 11,500 STEPS	19 12,000 STEPS	20 5,000 STEPS	21 12,500 STEPS
22 13,000 STEPS	23 13,500 STEPS	24 5,000 STEPS	25 14,000 STEPS	26 14,500 STEPS	27 15,000 STEPS	28 5,000 STEPS
29 15,500 STEPS	30 16,000 STEPS	KEEP TRACK AND HOLD YOURSELF ACCOUNTABLE BY USING OUR CHALLENGE TRACKER!				



30 DAY BUNS, GUNS, & ABS CHALLENGE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

01 10 SQUATS 5 PUSHUPS 15 LEG LIFTS	02 15 SQUATS 5 PUSHUPS 15 LEG LIFTS	03 15 SQUATS 7 PUSHUPS 20 LEG LIFTS	04 REST SQUATS 7 PUSHUPS 25 LEG LIFTS	05 20 SQUATS 8 PUSHUPS 30 LEG LIFTS	06 25 SQUATS 9 PUSHUPS 30 LEG LIFTS	07 30 SQUATS REST PUSHUPS 35 LEG LIFTS
08 REST SQUATS 9 PUSHUPS 35 LEG LIFTS	09 35 SQUATS 9 PUSHUPS REST LEG LIFTS	10 40 SQUATS 10 PUSHUPS 40 LEG LIFTS	11 45 SQUATS 10 PUSHUPS 45 LEG LIFTS	12 REST SQUATS 12 PUSHUPS 45 LEG LIFTS	13 50 SQUATS 12 PUSHUPS 50 LEG LIFTS	14 55 SQUATS REST PUSHUPS 50 LEG LIFTS
15 55 SQUATS 13 PUSHUPS 55 LEG LIFTS	16 REST SQUATS 15 PUSHUPS 60 LEG LIFTS	17 60 SQUATS 16 PUSHUPS REST LEG LIFTS	18 65 SQUATS 16 PUSHUPS 65 LEG LIFTS	19 70 SQUATS 18 PUSHUPS 70 LEG LIFTS	20 REST SQUATS 20 PUSHUPS 75 LEG LIFTS	21 75 SQUATS REST PUSHUPS 75 LEG LIFTS
22 75 SQUATS 22 PUSHUPS REST LEG LIFTS	23 80 SQUATS 23 PUSHUPS 80 LEG LIFTS	24 REST SQUATS 24 PUSHUPS 85 LEG LIFTS	25 85 SQUATS 25 PUSHUPS REST LEG LIFTS	26 85 SQUATS 26 PUSHUPS 90 LEG LIFTS	27 90 SQUATS 30 PUSHUPS 90 LEG LIFTS	28 REST SQUATS 35 PUSHUPS 95 LEG LIFTS
29 95 SQUATS 35 PUSHUPS 95 LEG LIFTS	30 100 SQUATS 40 PUSHUPS 100 LEG LIFTS	KEEP TRACK AND HOLD YOURSELF ACCOUNTABLE BY USING OUR CHALLENGE TRACKER!				



CHALLENGE TRACKER

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

01 <input type="checkbox"/> BUNS, GUNS, ABS <input type="checkbox"/> STEPS	02 <input type="checkbox"/> BUNS, GUNS, ABS <input type="checkbox"/> STEPS	03 <input type="checkbox"/> BUNS, GUNS, ABS <input type="checkbox"/> STEPS	04 <input type="checkbox"/> BUNS, GUNS, ABS <input type="checkbox"/> STEPS	05 <input type="checkbox"/> BUNS, GUNS, ABS <input type="checkbox"/> STEPS	06 <input type="checkbox"/> BUNS, GUNS, ABS <input type="checkbox"/> STEPS	07 <input type="checkbox"/> BUNS, GUNS, ABS <input type="checkbox"/> STEPS
08 <input type="checkbox"/> BUNS, GUNS, ABS <input type="checkbox"/> STEPS	09 <input type="checkbox"/> BUNS, GUNS, ABS <input type="checkbox"/> STEPS	10 <input type="checkbox"/> BUNS, GUNS, ABS <input type="checkbox"/> STEPS	11 <input type="checkbox"/> BUNS, GUNS, ABS <input type="checkbox"/> STEPS	12 <input type="checkbox"/> BUNS, GUNS, ABS <input type="checkbox"/> STEPS	13 <input type="checkbox"/> BUNS, GUNS, ABS <input type="checkbox"/> STEPS	14 <input type="checkbox"/> BUNS, GUNS, ABS <input type="checkbox"/> STEPS
15 <input type="checkbox"/> BUNS, GUNS, ABS <input type="checkbox"/> STEPS	16 <input type="checkbox"/> BUNS, GUNS, ABS <input type="checkbox"/> STEPS	17 <input type="checkbox"/> BUNS, GUNS, ABS <input type="checkbox"/> STEPS	18 <input type="checkbox"/> BUNS, GUNS, ABS <input type="checkbox"/> STEPS	19 <input type="checkbox"/> BUNS, GUNS, ABS <input type="checkbox"/> STEPS	20 <input type="checkbox"/> BUNS, GUNS, ABS <input type="checkbox"/> STEPS	21 <input type="checkbox"/> BUNS, GUNS, ABS <input type="checkbox"/> STEPS
22 <input type="checkbox"/> BUNS, GUNS, ABS <input type="checkbox"/> STEPS	23 <input type="checkbox"/> BUNS, GUNS, ABS <input type="checkbox"/> STEPS	24 <input type="checkbox"/> BUNS, GUNS, ABS <input type="checkbox"/> STEPS	25 <input type="checkbox"/> BUNS, GUNS, ABS <input type="checkbox"/> STEPS	26 <input type="checkbox"/> BUNS, GUNS, ABS <input type="checkbox"/> STEPS	27 <input type="checkbox"/> BUNS, GUNS, ABS <input type="checkbox"/> STEPS	28 <input type="checkbox"/> BUNS, GUNS, ABS <input type="checkbox"/> STEPS
29 <input type="checkbox"/> BUNS, GUNS, ABS <input type="checkbox"/> STEPS	30 <input type="checkbox"/> BUNS, GUNS, ABS <input type="checkbox"/> STEPS	KEEP TRACK AND HOLD YOURSELF ACCOUNTABLE! STAY HEALTHY AND SAFE, WE MISS YOU!				