

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 <b>Rest Day</b>	11 <b>Cardio Day</b> -Move for 5 Minutes (jog, skip, jump rope) 	12 <b>Plank Day</b> -Hold a Plank for 1 minute	13 <b>Yoga Freeze Dance</b> <a href="#">Yoga Link</a>	14 <b>1 Minute Challenge</b>	15 <b>Yoga Day</b> -Hold Cat Pose for 60 seconds	16 <b>Create your own!</b> (Create your own fitness challenge- Share on back)
17 <b>Rest Day</b>	18 <b>Cardio Day</b> -Move for 10 Minutes (jog, skip, jump rope)	19  <b>Plank Day</b> -Hold a Plank for 2 minutes	20 <b>What is this workout?</b> <a href="#">Workout Link</a>	21  <b>1 Minute Challenge</b>	22 <b>Yoga Day</b> -Hold Chair Pose for 60 seconds	23 <b>Create your own!</b> (Create your own fitness challenge- Share on back)
24 <b>Rest Day</b>	25 <b>Cardio Day</b> -Move for 15 Minutes (jog, skip, jump rope)	26 <b>Plank Day</b> -Hold a Plank for 3 minutes	27 <b>Would you rather workout?</b> <a href="#">Would You Link</a>	28 <b>1 Minute Challenge</b>	29  <b>Yoga Day</b> -Hold Warrior Pose for 60 seconds	30 <b>Create your own!</b> (Create your own fitness challenge- Share on back)
 <h1>January</h1> 						