

New Year Prep Challenge Worksheet

Here is a simple worksheet to keep track of your workouts. Simply print it out, as you complete the exercise you can check it off and don't lose track of what you've done. At the end of the worksheet, there is a habit tracker to keep you accountable of what you accomplished.

Mobility One

Exercise	Round 1	Round 2	Round 3	Round 4
Cat Cow				
Sun Salutation Arms				
Shoulder Rolls				
Hip Twist				
Hip Lifts				

Mobility Two

Exercise	Round 1	Round 2	Round 3	Round 4
Sun Salutation with Fold				
Side to Side				
Seated Sunshine Arms				
Seated Crunch with Gators				
Four Stretch				

Mobility Three

Exercise	Round 1	Round 2	Round 3	Round 4
Sun Salutation with Twist				
High Arm Leans				
Goddess Circle				
Shoulder Gators				
Lying Hamstring Stretch				

Core One

Exercise	Round 1	Round 2	Round 3	Round 4
Toe Touches				
Hip Lifts				
Bicycle				
Kneeling Push-Up				
Leg Circle				

Core Two

Exercise	Round 1	Round 2	Round 3	Round 4
Leg Lifts				
Dead Bugs				
Inchworms				
Pendulum				
Plank Knee Drop				

Core Three

Exercise	Round 1	Round 2	Round 3	Round 4
Bird Dog				
Side Plank				
Reverse Crunch				
Hip Lift March				
Boat to Low Boat				

Habit Tracker: Check off the habit for the day when you complete it!

Day	Mobility or Core Work	Filled Out Nutrition Journal
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