

# January Challenge

31 DAYS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 30 min Recovery Walk	2 Activity with a friend <small>(online or meet up for a class)</small>	 3 20 min Lower Body Strength with Camilla	4 3 km Walk or Jog	<del>5 DAY OFF!</del>
6 30 min Walk	 7 30 min Full Body Strength with Camilla	<del>8 DAY OFF!</del>	9 3 km Fast Walk	 10 20 min Core Strength with Camilla	11 Park Run, Jog or Class at your Gym	12 20-30 min Swim or Bike at local leisure centre
13 <small>Get your steps in...</small> Aim for 10 k steps today	 14 20 min HIIT Workout with Camilla	15 20 min Fast Walk	<del>16 DAY OFF!</del>	 17 20 min Band Strength with Camilla	18 Park Run or Jog	19 20 min Swim or Bike at local leisure centre
20 30 min Walk with an intention	 21 15 min Express Body Weight with Camilla	<del>22 DAY OFF!</del>	23 4 km Walk with an intention	 24 25 min Arms & Abs Strength with Camilla	25 Park Run or Jog	26 20 min Recovery Walk
<del>27 DAY OFF!</del>	 28 30 min One Dumbbell Strength with Camilla	29 40 min Walk	 30 15 min Express Core Strength with Camilla	31 3 km Walk		