

# #28DayReboot Workout Tracker

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="checkbox"/> Schedule this month's workouts in your calendar	<input type="checkbox"/> <b>#28DR workout</b> <input type="checkbox"/> Do 100 squats, tapping on a chair. Your time: __:__	<input type="checkbox"/> <b>#28DR workout</b> <input type="checkbox"/> Check-in time! Post a pic & tag us @themamareset	<input type="checkbox"/> <b>#28DR workout</b> <input type="checkbox"/> Ready? Set. Kegel! Do 3 sets of 10.	<input type="checkbox"/> <b>#28DR workout</b> <input type="checkbox"/> Make a walk date with a friend/relative for the weekend	<input type="checkbox"/> <b>#28DR workout</b> <input type="checkbox"/> Do 100 squats, tapping on a chair. Your time: __:__	<input type="checkbox"/> Rehydrate! Drink 3 L of water today.
<input type="checkbox"/> Prep a breakfast recipe for the week	<input type="checkbox"/> <b>#28DR workout</b> <input type="checkbox"/> Spend 10 minutes stretching your legs	<input type="checkbox"/> <b>#28DR workout</b> <input type="checkbox"/> Eat 10 different fruits & veggies	<input type="checkbox"/> <b>#28DR workout</b> <input type="checkbox"/> Journal or share on social: 3 things you're grateful for	<input type="checkbox"/> <b>#28DR workout</b> <input type="checkbox"/> Hold a wall sit for 2 min. total (break it up as needed)	<input type="checkbox"/> <b>#28DR workout</b> <input type="checkbox"/> Check-in time! Post a pic & tag us @themamareset	<input type="checkbox"/> Do 10 sets of 10-30 jumping jacks (low or high impact version)
<input type="checkbox"/> Prep lunch proteins & tag us @themamareset	<input type="checkbox"/> <b>#28DR workout</b> <input type="checkbox"/> Challenge your partner or kiddo to 1 min. of squats	<input type="checkbox"/> <b>#28DR workout</b> <input type="checkbox"/> Plan a healthy reward for the end of your Reboot	<input type="checkbox"/> <b>#28DR workout</b> <input type="checkbox"/> Check-in time! Post a pic & tag us @themamareset	<input type="checkbox"/> <b>#28DR workout</b> <input type="checkbox"/> Walking lunges! Lunge down your hallway 1-3 times.	<input type="checkbox"/> <b>#28DR workout</b> <input type="checkbox"/> Find a new healthy dinner recipe for next week	<input type="checkbox"/> Take a leisure walk 30-60 min.
<input type="checkbox"/> Save 1 hour to do something for YOU	<input type="checkbox"/> <b>#28DR workout</b> <input type="checkbox"/> Write down 5 things you love about your body	<input type="checkbox"/> <b>#28DR workout</b> <input type="checkbox"/> Do 3 sets of 10 pushups from the knees or an incline	<input type="checkbox"/> <b>#28DR workout</b> <input type="checkbox"/> Find a new make ahead breakfast recipe online	<input type="checkbox"/> <b>#28DR workout</b> <input type="checkbox"/> Journal for 10 min. about your successes in the Reboot so far	<input type="checkbox"/> <b>#28DR workout</b> <input type="checkbox"/> Check-in time! Post a pic & tag us @themamareset	<input type="checkbox"/> Do 100 squat + taps again. Are you faster? __:__