

Goals

Before you begin: What are your goals, what do you expect from this challenge and/or what do you hope to accomplish?

Excercise Log

Day	Duration	Observations
1		
2		
3		
4	<i>rest</i>	
5		
6		
7		
8	<i>rest</i>	
9		
10		
11		
12	<i>rest</i>	
13		
14		
15		
16	<i>rest</i>	
17		
18		
19		
20	<i>rest</i>	
21		
22		
23		
24	<i>rest</i>	
25		
26		
27		
28	<i>rest</i>	
29		
30		
31		

31 Days Later...: How do you feel? Did you meet your objectives? What did you learn? Would you do the same challenge again?

