



MEDPOINT
FITNESS

**30 DAY
99 REP CHALLENGE**





30 DAY 99 REP CHALLENGE

**JANUARY AND FEBRUARY ARE THE MONTHS FOR GOAL
SETTING.**

**START THE NEW YEAR OFF WITH A BANG AND SET A TOUGH GOAL FOR
YOURSELF TO GET MOVING AND HIT A TOTAL OF 99 REPETITIONS OF EXERCISES
IN 30 DAYS**

START SMALL AND PROGRESS TO HIGH NUMBERS MOVEMENT

YOUR CHALLENGE:

30 DAYS 99 REPS

**CHOOSE 3 EXERCISES FROM THE LIST (PROVIDED IN THE NEXT DOCUMENT) AND START WITH
1 REP OF EACH OF THE 3 YOU CHOOSE ON THE FIRST DAY OF THE CHALLENGE. EACH DAY
AFTERWARDS, ADD ONE MORE REPETITION FOR EACH DAY PROCEEDING**

EX. DAY ONE - ONE PUSH UP, ONE SIT UP, ONE SQUAT

DAY TWO - TWO PUSH UPS, TWO SIT UPS, 3 SQUATS.

AND SO ON....

PRO TIP...

**BUILD THE CHALLENGE INTO YOUR DAILY ROUTINE TO SET A HABIT, KEEP AN HONEST
TRACKING SHEET AND SHARE WITH FRIENDS/FAMILY TO HOLD YOURSELF ACCOUNTABLE
FORWARD YOUR COMPLETED TRACKING SHEET TO EMERSON@MEDPOINT.CA FOR EXTRA**

ENTRIES FOR A CHANCE TO WIN THIS MONTH'S PRIZE

FITNESS CHALLENGE

Month: Jan/Feb

	Exercises	# Completed?
1		
2		
3		
4		
5		
6		
7		

Notes:

FITNESS CHALLENGE

Month: Jan/Feb

	Exercises	# Completed
8		
9		
10		
11		
12		
13		
14		

Notes:

FITNESS CHALLENGE

Month: Jan/Feb

	Exercises	# Completed
15		
16		
17		
18		
19		
20		
21		

Notes:

FITNESS CHALLENGE

Month: Jan/Feb

	Exercises	# Completed
22		
23		
24		
25		
26		
27		
28		

Notes:

FITNESS CHALLENGE

Month: Jan/Feb

	Exercises	# Completed
29		
30		

Notes: