

10 Day Spring Fitness Challenge



DAY	ACTIVITY	COMPLETE ✓
Day 1	Create a new playlist	
Day 2	Spend 30 minutes outside	
Day 3	Sign up for a race or class	
Day 4	Set a fitness goal	
Day 5	Prep fruits & veggies for the snacks	
Day 6	Add an extra 8 oz glass of water	
Day 7	Complete a core workout	
Day 8	Spend 15 minutes stretching	
Day 9	Get 10,000 steps	
Day 10	Create a new habit	

10 Day Spring Fitness Challenge

RESOURCES

- Day 4

- Learn how to set fitness goals in a way that sets you up for success:

<https://runninforsweets.com/2018/02/01/running-goal-setting/>

- Day 5

- Healthy snack ideas:

<https://runninforsweets.com/2018/03/10/healthy-snack-ideas-to-avoid-sugar-cravings/>

- Some strategies to help you eat less sugar:

<https://runninforsweets.com/2018/02/15/5-ways-to-overcome-sugar-addiction/>

- Some inspiration to eat less sugar:

<https://runninforsweets.com/2018/03/31/what-happened-when-i-quit-sugar-for-40-days/>

- Day 6

- Tips to help you drink more water throughout the day:

<https://runninforsweets.com/2018/02/13/easy-way-to-drink-more-water/>

- Day 7

- 30 Minute Core Workout for Ultimate Strength:

<https://runninforsweets.com/2018/03/21/wednesday-ab-workout/>

10 Day Spring Fitness Challenge

- Day 8

- The 10 Best Lower Body Stretches:

<https://runninforsweets.com/2018/03/28/10-best-lower-body-stretches-for-runners/>

- Day 10

- 10 Healthy Habits to Keep You Fit Year Round:

<https://runninforsweets.com/2018/02/24/healthy-habits-to-stay-fit-year-round/>

- What happened when I worked out every morning at 4:30 am:

<https://runninforsweets.com/2017/05/11/creating-a-habit/>