

BUILDING HEALTHY HABITS
WORKOUT TRACKER

Plan your workouts and check them off daily as you complete them.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							
Tip: Move a little every day! Dance around your living room or walk the neighborhood—keep it fun!							
Week 5							
Week 6							
Week 7							
Week 8							
Tip: Break the routine—Try one new workout every month, run a new route, challenge a friend, etc.							
Week 9							
Week 10							
Week 11							
Week 12							

Tip: Show yourself some love! Be proud of your accomplishments up to this point and keep moving!



As RVA's nonprofit dedicated to inspiring people from all corners of our community to live actively, we want to encourage you and help you make physical activity a part of your daily routine.



YOUTUBE /SportsBackers

Free online workouts for both adults and kids! Provided by our Fitness Warriors and Kids Run RVA programs.



FACEBOOK /SportsBackers

Simple and easy-to-follow exercise plans are shared daily.



VIRTUAL EVENTS

Let's gather in spirit! Consider taking part in a virtual run, ride, or hike!



WORKOUT CHALLENGES

Join a virtual community of like-minded individuals for a big dose of camaraderie, exercise goals, training tips, and more.

#LETSGORVA

**TO PARTICIPATE OR LEARN MORE,
 VISIT SPORTSBACKERS.ORG**

Sports Backers is a 501(c)(3) Nonprofit Organization