



Couples Workout Challenge

Four weeks, two of you, one friendly scoreboard. Write your minutes, count your workouts, and the winner collects the prize.

Partner 1 _____

Partner 2 _____

Start date (a Monday) _____

Minutes that count as a workout _____

Week	Who	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Workouts
Week 1	Partner 1								
	Partner 2								
Week 2	Partner 1								
	Partner 2								
Week 3	Partner 1								
	Partner 2								
Week 4	Partner 1								
	Partner 2								

Write the minutes you moved. A blank box is a rest day. Workouts = boxes that reach your agreed minutes.

Partner 1 total workouts _____

Partner 2 total workouts _____

Winner _____

The prize

What the winner gets _____

What the other person does _____

If it's a tie, we both _____

Workouts we pick from



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