



# 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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