

Activity Chart

Simply complete the days – it doesn't matter too much what order you do the sessions but completing the week is key! – Tick the grey box when completed.

4 week exercise program

<p>CARDIO HIIT SESSION 1</p> <p>COMPLETE 8000+ STEPS</p> <p>DRINK PLENTY OF WATER</p>	<p>COMPLETE 10000 STEPS</p> <p>HAVE REGULAR BREAKS FROM YOUR DESK</p> <p>GO OUTSIDE FOR A WALK</p>	<p>COMPLETE A GROUP EXERCISE CLASS OF YOUR CHOICE</p> <p>COMPLETE 8000+ STEPS</p> <p>PUT THE SCREEN AWAY 2HRS BEFORE BED</p>	<p>COMPLETE 10000 STEPS</p> <p>DO A FEW DESK STRETCHES AT YOUR DESK</p> <p>CATCH UP WITH FRIENDS</p>	<p>STRENGTH HIIT SESSION 1</p> <p>COMPLETE 8000+ STEPS</p> <p>DRINK PLENTY OF WATER</p>	<p>COMPLETE A GROUP EXERCISE CLASS OF YOUR CHOICE</p> <p>COMPLETE 8000+ STEPS</p> <p>ENJOY SOME GOOD FOOD (DON'T OVER INDULGE)</p>	<p>REST</p> <p>COMPLETE 7000+ STEPS</p> <p>EAT HEALTHY</p> <p>GENTLE 20 MINUTE STRETCH AND 5 MINUTES MINDFULL BREATHING</p>
<p>CARDIO HIIT SESSION 2</p> <p>COMPLETE 8000+ STEPS</p> <p>DRINK PLENTY OF WATER</p>	<p>COMPLETE 12000 STEPS</p> <p>HAVE REGULAR BREAKS FROM YOUR DESK</p> <p>READ A BOOK</p>	<p>COMPLETE A GROUP EXERCISE CLASS OF YOUR CHOICE</p> <p>COMPLETE 8000+ STEPS</p> <p>PUT THE SCREEN AWAY 2HRS BEFORE BED</p>	<p>COMPLETE 12000 STEPS</p> <p>HAVE REGULAR BREAKS FROM YOUR DESK</p> <p>HAVE A LONG SOAK</p>	<p>STRENGTH HIIT SESSION 2</p> <p>COMPLETE 8000+ STEPS</p> <p>DRINK PLENTY OF WATER</p>	<p>COMPLETE A GROUP EXERCISE CLASS OF YOUR CHOICE</p> <p>COMPLETE 8000+ STEPS</p> <p>ENJOY SOME GOOD FOOD (DON'T OVER INDULGE)</p>	<p>REST</p> <p>COMPLETE 7000+ STEPS</p> <p>EAT HEALTHY</p> <p>GENTLE 20 MINUTE STRETCH AND 5 MINUTES MINDFULL BREATHING</p>
<p>CARDIO HIIT SESSION 3</p> <p>COMPLETE 8000+ STEPS</p> <p>DRINK PLENTY OF WATER</p>	<p>COMPLETE 14000 STEPS</p> <p>HAVE REGULAR BREAKS FROM YOUR DESK</p> <p>LISTEN TO A PODCAST</p>	<p>COMPLETE A GROUP EXERCISE CLASS OF YOUR CHOICE</p> <p>COMPLETE 8000+ STEPS</p> <p>PUT THE SCREEN AWAY 2HRS BEFORE BED</p>	<p>COMPLETE 14000 STEPS</p> <p>HAVE REGULAR BREAKS FROM YOUR DESK</p> <p>FIND TIME TO LAUGH</p>	<p>STRENGTH HIIT SESSION 3</p> <p>COMPLETE 8000+ STEPS</p> <p>DRINK PLENTY OF WATER</p>	<p>COMPLETE A GROUP EXERCISE CLASS OF YOUR CHOICE</p> <p>COMPLETE 8000+ STEPS</p> <p>ENJOY SOME GOOD FOOD (DON'T OVER INDULGE)</p>	<p>REST</p> <p>COMPLETE 7000+ STEPS</p> <p>EAT HEALTHY</p> <p>GENTLE 20 MINUTE STRETCH AND 5 MINUTES MINDFULL BREATHING</p>
<p>CARDIO HIIT SESSION 4</p> <p>COMPLETE 8000+ STEPS</p> <p>DRINK PLENTY OF WATER</p>	<p>COMPLETE 15000 STEPS</p> <p>HAVE REGULAR BREAKS FROM YOUR DESK</p> <p>TRY SOME RELAXING BREATHING</p>	<p>COMPLETE A GROUP EXERCISE CLASS OF YOUR CHOICE</p> <p>COMPLETE 8000+ STEPS</p> <p>PUT THE SCREEN AWAY 2HRS BEFORE BED</p>	<p>COMPLETE 15000 STEPS</p> <p>HAVE REGULAR BREAKS FROM YOUR DESK</p> <p>TREAT YOURSELF</p>	<p>STRENGTH HIIT SESSION 4</p> <p>COMPLETE 8000+ STEPS</p> <p>DRINK PLENTY OF WATER</p>	<p>COMPLETE A GROUP EXERCISE CLASS OF YOUR CHOICE</p> <p>COMPLETE 8000+ STEPS</p> <p>ENJOY SOME GOOD FOOD (DON'T OVER INDULGE)</p>	<p>REST</p> <p>COMPLETE 7000+ STEPS</p> <p>EAT HEALTHY</p> <p>GENTLE 20 MINUTE STRETCH AND 5 MINUTES MINDFULL BREATHING</p>