

THE FIRST 90

A New Year's Challenge to Make 2021 Count

STRENGTH CHALLENGE

Use this tracker to achieve your daily strength goals!

Check off your mile and exercises each day.



1 1 Mile 10	2 1 Mile 10	3 1 Mile 10	4 1 Mile 10	5 1 Mile 10	6 1 Mile 15	7 1 Mile 15	8 1 Mile 15	9 1 Mile 15	10 1 Mile 15	11 1 Mile 20	12 1 Mile 20	13 1 Mile 20
												14 1 Mile 20
27 1 Mile 30	26 1 Mile 30	25 1 Mile 30	24 1 Mile 30	23 1 Mile 30	22 1 Mile 30	21 1 Mile 30	20 1 Mile 25	19 1 Mile 25	18 1 Mile 25	17 1 Mile 25	16 1 Mile 25	15 1 Mile 20
28 1 Mile 30												
29 1 Mile 30	30 1 Mile 30	31 1 Mile 35	32 1 Mile 35	33 1 Mile 35	34 1 Mile 35	35 1 Mile 35	36 1 Mile 35	37 1 Mile 35	38 1 Mile 35	39 1 Mile 35	40 1 Mile 35	41 1 Mile 40
												42 1 Mile 40
55 1 Mile 45	54 1 Mile 45	53 1 Mile 45	52 1 Mile 45	51 1 Mile 45	50 1 Mile 40	49 1 Mile 40	48 1 Mile 40	47 1 Mile 40	46 1 Mile 40	45 1 Mile 40	44 1 Mile 40	43 1 Mile 40
56 1 Mile 45												
57 1 Mile 45	58 1 Mile 45	59 1 Mile 45	60 1 Mile 45	61 1 Mile 50	62 1 Mile 50	63 1 Mile 50	64 1 Mile 50	65 1 Mile 50	66 1 Mile 50	67 1 Mile 50	68 1 Mile 50	69 1 Mile 50
												70 1 Mile 50
83 1 Mile 60	82 1 Mile 60	81 1 Mile 60	80 1 Mile 55	79 1 Mile 55	78 1 Mile 55	77 1 Mile 55	76 1 Mile 55	75 1 Mile 55	74 1 Mile 55	73 1 Mile 55	72 1 Mile 55	71 1 Mile 55
84 1 Mile 60												
85 1 Mile 60	86 1 Mile 60	87 1 Mile 60	88 1 Mile 60	89 1 Mile 60	90 1 Mile 60							

YOU MADE IT!

