

30-Day Desk to Dumbbell Challenge Calendar

Track your progress and stay motivated!

☐ Day 1 (Aug 04): 10-min desk stretch + 15 squats

Day 1-7: You're stronger than you think.

☐ Day 2 (Aug 05): 10-min desk stretch + 15 squats

☐ Day 3 (Aug 06): 10-min desk stretch + 15 squats

☐ Day 4 (Aug 07): 10-min desk stretch + 15 squats

☐ Day 5 (Aug 08): 10-min desk stretch + 15 squats

☐ Day 6 (Aug 09): 10-min desk stretch + 15 squats

☐ Day 7 (Aug 10): 10-min desk stretch + 15 squats (Rest Day)

☐ Day 8 (Aug 11): 10-min desk stretch + 15 squats

Day 8-14: Small steps every day.

☐ Day 9 (Aug 12): 10-min desk stretch + 15 squats

☐ Day 10 (Aug 13): 10-min desk stretch + 15 squats

☐ Day 11 (Aug 14): 10-min desk stretch + 15 squats

☐ Day 12 (Aug 15): 10-min desk stretch + 15 squats

☐ Day 13 (Aug 16): 10-min desk stretch + 15 squats

☐ Day 14 (Aug 17): 10-min desk stretch + 15 squats (Rest Day)

☐ Day 15 (Aug 18): 10-min desk stretch + 15 squats

Day 15-21: Progress, not perfection.

☐ Day 16 (Aug 19): 10-min desk stretch + 15 squats

☐ Day 17 (Aug 20): 10-min desk stretch + 15 squats

☐ Day 18 (Aug 21): 10-min desk stretch + 15 squats

☐ Day 19 (Aug 22): 10-min desk stretch + 15 squats

☐ Day 20 (Aug 23): 10-min desk stretch + 15 squats

☐ Day 21 (Aug 24): 10-min desk stretch + 15 squats (Rest Day)

☐ Day 22 (Aug 25): 10-min desk stretch + 15 squats

Day 22-28: Believe in the process.

☐ Day 23 (Aug 26): 10-min desk stretch + 15 squats

☐ Day 24 (Aug 27): 10-min desk stretch + 15 squats

☐ Day 25 (Aug 28): 10-min desk stretch + 15 squats

☐ Day 26 (Aug 29): 10-min desk stretch + 15 squats

☐ Day 27 (Aug 30): 10-min desk stretch + 15 squats

☐ Day 28 (Aug 31): 10-min desk stretch + 15 squats (Rest Day)

☐ Day 29 (Sep 01): 10-min desk stretch + 15 squats

Day 29-30: Finish strong!

☐ Day 30 (Sep 02): 10-min desk stretch + 15 squats