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|  | Kelsey Berta |  |  |  |  |  |  |  |
|  | **Week** | **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  | 1 | 1 hour exercise | 30 mins exercise |  | 45 mins exercise |  | 1 hour exercise | 2 hour exercise |
|  | 2 | 1.5 hour exercise | 1 hour exercise |  |  | 1 hour exercise | 45 mins exercise | 30 mins exercise |
|  | 3 | 30 mins exercise | 45 mins exercise | 1 hour exercise |  | 30 mins exercise | 45 mins exercise |  |
|  | 4 | 1 hour exercise |  | 80 mins exercise | 45 mins exercise | 1.5 hours exercise | 1 hour exercise | 45 mins exercise |
|  | 5 | 1 hour exercise | 50 mins exercise | 30 mins exercise | 30 mins exercise |  | 45 mins exercise |  |
|  | 6 | 2 hours exercise | 45 mins exercise |  | 1 hour exercise | 1 hour exercise | 1.5 hours exercise | |

This 6-week challenge was not as hard as I thought it would be. The first couple days were a little hard, but once I got into the groove it became easy. From when I first started it, lifting weights was difficult for me. I could not lift very much but can now lift a lot more. I notice a change in my attitude. I sleep better at night, and I have a happier attitude. I’m more awake and wanting to do things.