



ABC Radio Canberra Mornings with Georgia Stynes

7 Week challenge accountability chart

	How many wall Push ups can you do in 20 sec.	WEEK 2: Standing on one leg, can you maintain with Pelvic Floor activation? How long for?	WEEK 3: Single leg – how many heel lifts can you in in 20 secs?	WEEK 4: How many standing/side lying clams can you do in 20 secs?	WEEK 5: How many high knee lifts can you do in 20 secs?	WEEK 6: Can you hold a plank for 20sec?	WEEK 7: Box breathing for one minute. Tick the box.
WEEK 1			Left: Right:				
WEEK 2			Left: Right:				
WEEK 3			Left: Right:				
WEEK 4			Left: Right:				
WEEK 5			Left: Right:				
WEEK 6			Left: Right:				
WEEK 7			Left: Right:				