

SWÖRKIT



# THRIVE IN 2025

Challenge Guidebook

January 6 - February 14

JUST MOVE | BUILD STRENGTH | LOSE WEIGHT

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Thrive in 2025 is all about making movement accessible and enjoyable, helping you integrate fitness into your life one day at a time. Get ready to thrive this year and beyond!

# Thrive Challenge Overview



This guidebook is your companion on a 6-week journey to a stronger, healthier, and more vibrant you. Developed and reviewed by highly qualified fitness and wellness experts—including NASM Certified Personal Trainers, ACSM Certified Exercise Physiologists, NSHC Certified Health Coaches, and NBC-HWC Health Coaches—Thrive in 2025 is designed for anyone looking to create sustainable fitness habits and embrace a lifestyle of movement and well-being. With three unique paths to match your goals—Just Move, Build Strength, and Lose Weight—each plan offers flexible, easy-to-follow workouts that fit into your day, no matter your fitness level or experience.

## Challenge Plans

In the **Just Move** plan, you'll focus on getting your body moving every day with low-impact exercises that boost energy, ease stress, and improve flexibility and mobility. This track is perfect if you want to feel good, stay active, and create a lasting routine with minimal time and equipment.

### JUST MOVE

#### 5 Types of Workouts

- ✓ Desk-Based Mobility
- ✓ Pilates and Yoga
- ✓ Flexibility and Stretching Movements
- ✓ Gentle Strength and Core
- ✓ Joint-Friendly Cardio

If you're looking to tone up and build a solid foundation of strength, the **Build Strength** plan is for you. These targeted sessions improve muscle endurance and help prevent injury, leaving you feeling empowered and physically stronger over time.

### BUILD STRENGTH

#### 5 Types of Workouts

- ✓ Upper Body Conditioning
- ✓ Lower Body Conditioning
- ✓ Active Recovery & Mobility
- ✓ Total Body Training
- ✓ HIIT, Cardio, and Core

Finally, for those ready to focus on losing weight, the **Lose Weight** plan blends strength training, cardio, and recovery for a balanced approach to shedding pounds and increasing fitness. This plan is suited for beginners and anyone eager to transform their fitness journey with quick, impactful sessions.

## LOSE WEIGHT

### 5 Types of Workouts

- ✓ Upper Body Strength Development
- ✓ Lower Body Strength Development
- ✓ Dynamic Recovery and Mobility
- ✓ Full Body Strength Essentials
- ✓ Short and Effective Cardio

## Challenge Tips & Support

**Choose Your Workouts:** Each day, pick a workout that fits your schedule and energy levels. Feel free to mix and match workouts throughout the week to keep things fresh and exciting!

**Listen to Your Body:** If you're feeling unwell or dealing with any injuries, take a step back and rest as needed. Always seek advice from a healthcare professional when necessary, as these workouts are not a substitute for medical guidance.

**Set Realistic Goals:** Aim for consistency over perfection. Commit to showing up, even if it's just a few minutes a day – every bit of movement counts, and small steps add up to big changes.

**Get Guidance on Workout Timing:** Unsure of how long your workout should be? Scan the QR code or visit: <https://help.sworkit.com/en/articles/9600686-how-does-sworkit-s-recommended-timing-work> to explore expert-recommended workout durations for every fitness level. You can also adjust the timing to fit your personal needs!



#### Beginner

1-2 Rounds  
10-20 Minutes

#### Intermediate

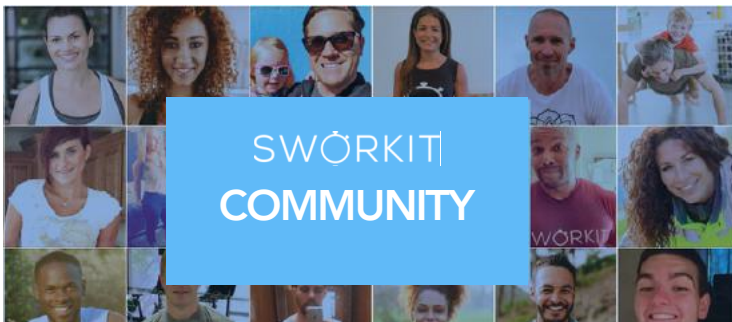
2-3 Rounds  
15-30 Minutes

#### Advanced

3-4 Rounds  
20-45 Minutes

Note: Shorter durations are recommended for higher-impact or cardio-intensive routines.

## Get Involved in the Sworkit Community On Facebook



Members · 1.7K



Whether you're looking for motivation, accountability, or just want to share your progress, posting in the community adds to everyone's journey and can make someone's day. Share your daily workouts, celebrate wins, and give and receive support as you move through the challenge.



Scan QR to visit the Sworkit Community Facebook or click the link below  
<https://www.facebook.com/groups/sworkit>



# Setting SWORKIT Goals

Before you jump into your Thrive challenge, take a moment to set your SWORKIT goals. Using the SWORKIT framework, you'll define a clear and achievable goal that fits your lifestyle and keeps you motivated throughout the challenge. Whether you're focusing on movement, strength, or lose weight, this goal will help you stay on track and make lasting progress. Let's get started!

## Goal:

**Specific**— What exactly do I want to achieve in this challenge? Why does this goal matter to me?

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**Workable**— Is this goal realistic for my current lifestyle? How can I make it fit with my daily routine?

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**Organized**— What small steps can I plan to take toward my goal? How will I track my progress?

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**Relevant**— Why is this goal important to me right now? How does it support my overall wellness?

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**Keep Moving**— How will I stay motivated, even on tough days? What small actions can I take to keep going?

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**Intentional**— How can I be mindful and present during each workout? How does each session contribute to my overall goals?

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**Time-Bound**— What's my timeline for achieving this goal? What milestones can I set along the way?

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*Stay committed, adjust when needed, and celebrate your wins along the way. Your goals are your guide to success—let them inspire and drive you as you thrive throughout this challenge!*



# Just Move

## 6-Week Low-Impact Challenge

Low-impact sessions designed to boost energy, reduce stress, and improve mobility. Perfect for all fitness levels, these 10-20 minute workouts offer flexible timing to fit seamlessly into your day.

### Equipment



Exercise Mat



Chair



Light Dumbbells  
optional



## Just Move: Challenge Guide

Welcome to the Thrive in 2025 Sworkit Just Move Challenge! This 6-week program is designed to help you incorporate easy, low-impact movement into your daily routine. Our goal is to help you stay active, reduce stress, and improve your overall well-being in just 10-20 minutes a day.

### How to Use This Guide

- Complete the daily workout from the five categories each day.
- Mix and match workouts to suit your schedule and energy levels.
- Aim for at least one workout per day, but feel free to do more if you'd like.
- Modify exercises as needed to suit your fitness level and any physical limitations.

### Exercise Program Framework

To help you seamlessly integrate movement into your daily routine, we have thoughtfully organized our workouts into a five-day structure. Each category is designed to complement the others, ensuring a balanced approach to your fitness journey. Here's a breakdown of our daily movement categories:

#### Desk based Mobility

Perfect for busy days or when you're stuck at your desk.

#### Pilates and Yoga

Improve flexibility, balance, and mindfulness.

#### Flexibility and Stretching Movements

Enhance mobility and prevent injury.

#### Gentle Strength and Core

Build strength with low-impact exercises.

#### Joint-Friendly Cardio

Boost your heart health without high-impact movements.

### Tips for Success

- **Prioritize Form** – Focus on control, not speed, to ensure proper technique and avoid injury.
- **Listen to Your Body** – Match workouts to your energy levels, and always stretch and warm up.
- **Fuel Properly** – Balance protein, healthy fats, and carbs to support muscle growth and energy.
- **Stay Hydrated** – Drink water before, during, and after workouts for energy and recovery.
- **Rest and Recover** – Use recovery days to improve flexibility, ease soreness, and repair muscles.



### Stress Reduction and Mindfulness

Remember that movement is a great way to reduce stress. Incorporate deep breathing and mindfulness into your daily routines, especially during yoga or mobility sessions.

## Fuel Your Body for Success

Proper fuel is essential to maintain steady energy throughout your 6-week Just Move Plan. By focusing on balanced nutrition and hydration, you'll support your body as it moves, recovers, and thrives. Below are some simple tips to help you nourish your body, stay energized, and set yourself up for success:

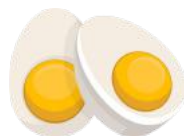
### Nutrition

#### Energizing Meals



- Proper fuel is key to maintaining energy throughout your 6-week Just Move Plan.
- Start your day with easy-to-prepare carbs, like oatmeal or whole grain bread.
- For snacks, enjoy a medium apple or banana.
- Pair meals with whole grains like brown rice or quinoa for lasting energy.
- Incorporate nutrient-dense foods like whole grains, beans, leafy greens, berries, and citrus fruits into your meals.

#### Protein and Snack Ideas



- Incorporating lean proteins like grilled chicken, fish, or tofu in your meals
- Begin your day with eggs or Greek yogurt for a satisfying boost.
- Keep portable snacks like fruit, nuts, or yogurt on hand for quick energy boosts.
- After your workout, refuel with a small snack that includes both carbohydrates and protein.

#### Hydration and Meal Prep



- Stay hydrated by drinking plenty of water throughout the day.
- Treats are fine in moderation, but balance them with wholesome options to maintain energy.
- Meal prep on Sundays by roasting mixed vegetables and cooking quinoa for easy, healthy meals.
- Eat a light meal 1-2 hours before exercising, like a banana with peanut butter or Greek yogurt with berries.



**Congratulations on Committing to Your Just Move Fitness Journey!**

**Congratulations on committing to daily movement! Remember, the goal is to make activity a regular, enjoyable part of your day. By the end of these 6 weeks, you'll have established a variety of ways to keep moving, no matter how busy life gets. Keep thriving beyond 2025!**





# Just Move

Scan QR to Join 6-Week Challenge

Track your progress with a **Low Impact Fitness Assessment** before and after the challenge!



Key

Desk-Based Mobility

Pilates and Yoga

Flexibility and Stretching Movements

Gentle Strength and Core

Joint-Friendly Cardio

DBM

PY

FSM

GSC

JFC

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

WEEK 1

Reduce the Impact of Sitting

DBM

Low Impact Flexibility and Balance

PY

Full Body Stability and Body Awareness

FSM

Bone Building Strength Workout

GSC

Low Impact Endurance Cardio

JFC

WEEK 2

Balance and Strength with Chair

DBM

Find your Flow Low Impact Yoga

PY

See you Sciatica: Prevent Low Back Pain

FSM

Low Impact Lower Body Strength

GSC

Low Impact Cardio

JFC

WEEK 3

Sit and Stand Desk Break

DBM

Strengthen your Spine

PY

Increased Flexibility

FSM

Gentle Gains Full Body Strength

GSC

Tabata Low Impact Cardio

JFC

WEEK 4

Sitting Office Desk Stretch

DBM

Find your Calm: Evening Wind Down

PY

Mobility Plus Core Circuit

FSM

Gentle Core Strength Workout

GSC

No Bounce Cardio

JFC

WEEK 5

Get the Blood Flowing Standing Stretch

DBM

5 minutes Yoga Boost

PY

Functional Mobility At Home

FSM

Easy on the Knees, Full Body Strength

GSC

Low impact Cardio Kickboxing

JFC

WEEK 6

No More Neck Tension

DBM

Calming Seated Flow

PY

Lower Body Mobility: Hips, Back, and Glutes

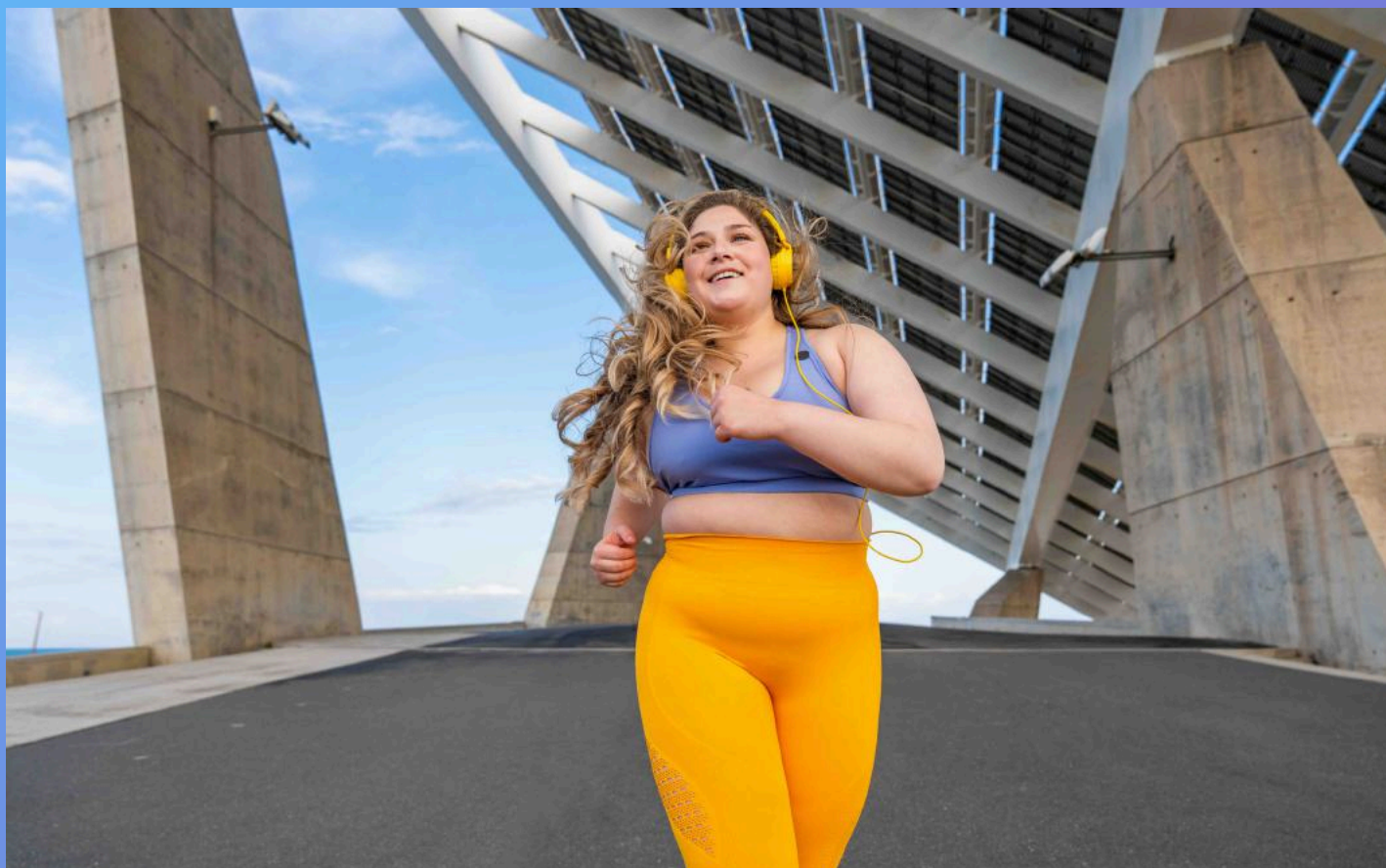
FSM

Safe & Strong Core

GSC

Heart Pump, No Jump Cardio

JFC



# Build Strength

## 6-Week Challenge

Build strength, energy, and confidence with this 6-week program! Featuring strength sessions suitable for all fitness levels, it helps improve muscle endurance, mobility, and foundational strength with minimal space and equipment—perfect for any routine!

### Equipment



Exercise Mat



Chair



Dumbbells



Kettlebell



Resistance Band w/ Handles



## Build Strength: Challenge Guide

Welcome to the Thrive, Build Strength SworKit Challenge! This 6-week program helps you add effective strength exercises to your daily routine. Build muscle, improve mobility, and boost overall well-being. Perfect for beginners or as a complement to any routine—feel stronger and thrive!

### How to Use This Guide

- Complete the daily workout from the five categories each day.
- Mix and match workouts to suit your schedule and energy levels.
- Aim for at least one workout per day, but feel free to do more if you'd like.
- Modify exercises as needed to suit your fitness level and any physical limitations.

### Exercise Program Framework

For optimal results at any fitness level, the Build Strength program follows a five-day weekly routine with progressively challenging workouts. You'll begin with bodyweight exercises, gradually adding dumbbells, resistance bands, and kettlebells for safe, effective strength building. Here's our strength-building framework:

#### Upper Body Conditioning

Focus on exercises that build and tone your arms, shoulders, chest, and back.

#### Lower Body Conditioning

Target your legs and glutes with movements that enhance stability and power.

#### Active Recovery and Mobility

A gentle recovery day to improve flexibility and prevent injury, helping your body recover.

#### Total Body Training

Engage all major muscle groups for a comprehensive strength-building session.

#### HIIT Cardio and Core

Boost your cardiovascular health while focusing on strengthening and toning your core muscles.

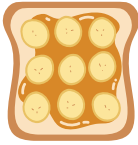
### Tips for Success

- **Prioritize Form** – Focus on control, not speed, to ensure proper technique and avoid injury.
- **Listen to Your Body** – Match workouts to your energy levels, and always stretch and warm up.
- **Fuel Properly** – Balance protein, healthy fats, and carbs to support muscle growth and energy.
- **Stay Hydrated** – Drink water before, during, and after workouts for energy and recovery.
- **Rest and Recover** – Use recovery days to improve flexibility, ease soreness, and repair muscles.



## Nutrition

## Protein Power



- Prioritize protein at every meal with sources like **lean meats, eggs, tofu, or beans** to support muscle repair and growth.
- Aim for **1 gram of protein per kilogram of your goal body weight** for muscle development and overall health.
- Eat before and after workouts to optimize performance and recovery.
- Fuel with a pre-workout snack like a banana and peanut butter, and recover with protein and carbs within 30-60 minutes post-workout.

## Energy Essentials



- Include complex carbohydrates such as **whole grains, sweet potatoes, and quinoa** to provide sustained energy for your strength training sessions.
- Don't forget healthy fats like **avocados, nuts, and olive oil**, which play an important role in hormone regulation and energy levels.

## Hydration and Health



- Stay hydrated by drinking plenty of water throughout the day, especially if you're sweating more during workouts.
- Eat a variety of fruits and vegetables for essential vitamins and minerals.
- Have regular meals to keep energy levels stable and avoid fatigue.
- Focus on portion sizes and nutrient-dense foods to support weight management and muscle building.



Congratulations on Committing to Build Strength

Get ready to elevate your fitness with the Thrive, Build Strength Sworkit Challenge! Over six weeks, you'll learn to incorporate strength-building workouts into your routine. Featuring bodyweight exercises and targeted movements, this program is designed to build muscle, improve mobility, and boost overall fitness. With consistent exercise and balanced nutrition, you'll cultivate lasting strength and healthy habits on your journey to a stronger, healthier you!





# Build Strength

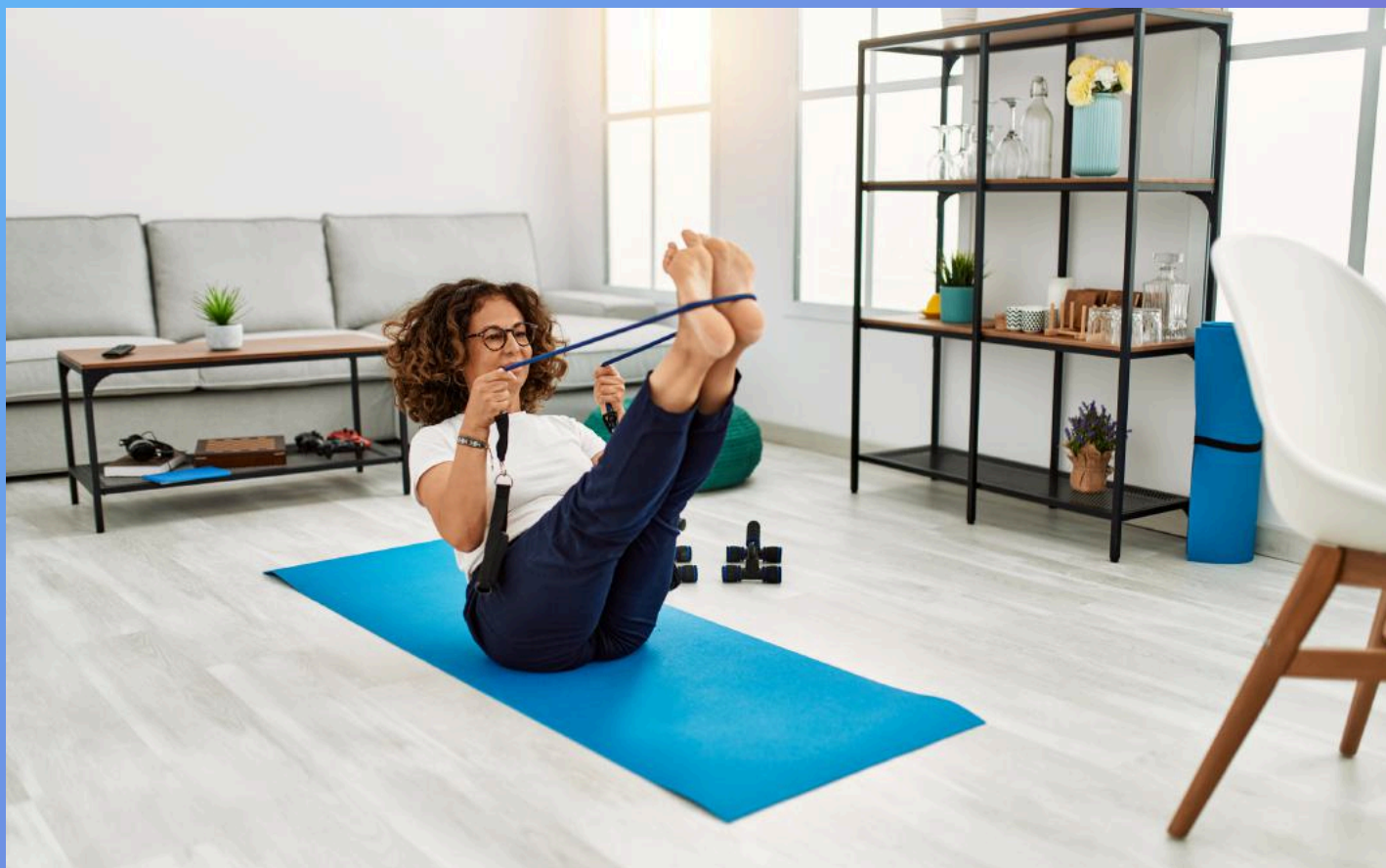
Scan QR to Join 6-Week Challenge

Track your progress with a **Essential Fitness Assessment** before and after the challenge!



Key	Upper Body Conditioning UBC	Lower Body Conditioning LBC	Active Recovery and Mobility ARM	Total Body Training TBT	HIIT Cardio and Core HCC
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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
WEEK 1	<input type="checkbox"/> <b>Get Focused Fitness Refresher</b> UBC	<input type="checkbox"/> <b>Lower Body Power</b> LBC	<input type="checkbox"/> <b>Fresh Start Reset</b> ARM	<input type="checkbox"/> <b>New Year, New Me Full Body</b> TBT	<input type="checkbox"/> <b>Core Craze Circuit</b> HCC
WEEK 2	<input type="checkbox"/> <b>Give Yourself a Pat on the Back</b> UBC	<input type="checkbox"/> <b>Get Those Glutes!</b> LBC	<input type="checkbox"/> <b>Chase the Sun Yoga and Stretching</b> ARM	<input type="checkbox"/> <b>Time's Up: Quick Full Body Strength</b> TBT	<input type="checkbox"/> <b>Cardio Kickstart</b> HCC
WEEK 3	<input type="checkbox"/> <b>Push Day Upper Body</b> UBC	<input type="checkbox"/> <b>Lower Body Blast</b> LBC	<input type="checkbox"/> <b>Front to Back Stretch</b> ARM	<input type="checkbox"/> <b>Total Body Tune Up</b> TBT	<input type="checkbox"/> <b>Core Cardio Mix</b> HCC
WEEK 4	<input type="checkbox"/> <b>Pull Day Upper Body</b> UBC	<input type="checkbox"/> <b>Legs in Motion: Lower Body Strength</b> LBC	<input type="checkbox"/> <b>Recharge Recovery Day</b> ARM	<input type="checkbox"/> <b>Superset Strength and Cardio Intervals</b> TBT	<input type="checkbox"/> <b>Coredio</b> HCC
WEEK 5	<input type="checkbox"/> <b>Upper Body &amp; Core Conditioning</b> UBC	<input type="checkbox"/> <b>Leg Love</b> LBC	<input type="checkbox"/> <b>Strength and Mobility Circuit</b> ARM	<input type="checkbox"/> <b>Mixed Equipment Bands + Bodyweight + Dumbbells</b> TBT	<input type="checkbox"/> <b>Dumbbell Cardio</b> HCC
WEEK 6	<input type="checkbox"/> <b>Upper Body Circuit</b> UBC	<input type="checkbox"/> <b>Stronger Legs</b> LBC	<input type="checkbox"/> <b>Seize the Day Stretch</b> ARM	<input type="checkbox"/> <b>Finish Stronger</b> TBT	<input type="checkbox"/> <b>Abs and Cardio Extreme</b> HCC



# Lose Weight

## 6-Week Challenge

Start your journey to shed pounds, build strength, and boost fitness! This 6-week program combines quick strength, cardio, and recovery workouts suited for all levels, making it ideal for beginners or anyone refreshing their routine. With varied movements and equipment, these workouts fit easily into daily life, leading to lasting results and a healthier, empowered you!

### Equipment



Exercise Mat



Resistance Band w/ Handles



Light Dumbbells



Loop Bands



## Lose Weight: Challenge Guide

Welcome to the Thrive in 2025 Sworkit Lose Weight Challenge! This 6-week program combines quick strength, cardio, and recovery workouts for all fitness levels—perfect for beginners or anyone refreshing their routine. Using body weight, resistance bands, and dumbbells, you'll burn calories with fast-paced exercises that fit seamlessly into a busy lifestyle.

### How to Use This Guide

- Complete the daily workout from the five categories each day.
- Mix and match workouts to suit your schedule and energy levels.
- Aim for at least one workout per day, but feel free to do more if you'd like.
- Modify exercises as needed to suit your fitness level and any physical limitations.

### Exercise Program Framework

To ensure you achieve the best results, regardless of your fitness level, we have carefully structured our workouts into a five-day program. Each category is designed to gradually increase in intensity each week, progressing from body weight exercises to resistance bands and ultimately to dumbbells. Here's a detailed breakdown of our Lose Weight plan framework:

#### Upper Body Strength Development

Perform targeted exercises to sculpt your upper body and build core strength for better balance and movement.

#### Lower Body Strength Development

Focus on building strength and tone in your legs and glutes through a variety of dynamic movements.

#### Dynamic Recovery and Mobility

Engage in gentle movements and stretches that promote recovery, flexibility, and overall mobility.

#### Full Body Strength Essentials

Challenge multiple muscle groups with compound exercises that build strength and shed weight.

#### Short and Effective Cardio

Boost your heart rate and burn calories with high-energy cardio workouts that can be completed in a short amount of time.



### Tips for Success

- **Prioritize Form** – Focus on control, not speed, to ensure proper technique and avoid injury.
- **Listen to Your Body** – Match workouts to your energy levels, and always stretch and warm up.
- **Fuel Properly** – Balance protein, healthy fats, and carbs to support muscle growth and energy.
- **Stay Hydrated** – Drink water before, during, and after workouts for energy and recovery.
- **Rest and Recover** – Use recovery days to improve flexibility, ease soreness, and repair muscles.

## Effective Strategies for Losing Weight

Understanding weight loss is key to reaching your fitness goals. The main principle is creating a calorie deficit—burning more calories than you consume (1 pound = 2,500 calories). Achieve this by balancing your diet with nutrient-dense foods and regular exercise. Sustainable weight loss comes from gradual, lasting changes, aiming for 1-2 pounds per week. Focus on tracking your progress and committing to long-term lifestyle changes to achieve and maintain your weight goals.

### Nutrition

#### Fuel for Losing Weight



- Nutrition is the cornerstone of effective weight loss, acting as your body's fuel and regulator. By following our Nutrition + Wellness Collection and choosing **nutrient-dense, lower-calorie foods**, you can create a calorie deficit while staying satisfied.

#### Balance Energy



- Imagine your plate as a colorful puzzle: **proteins, carbohydrates, and healthy fats** each play a crucial role, working together to keep your energy up and blood sugar stable. This balance is like a natural appetite control system, helping you resist cravings.

#### Whole Foods for Wellness



- Whole foods are your best friends, providing essential vitamins and minerals that support weight loss and overall health. **High-protein and high-fiber foods** act as natural appetite suppressants, helping you build a healthier, more vibrant you.



Congratulations on Committing to Your Fitness Transformation!

Get ready to transform your fitness journey with the Thrive in 2025 Sworkit Lose Weight Challenge! Over the next six weeks, you'll discover how to seamlessly integrate quick and engaging workouts—ranging from strength training to cardio and recovery—into your daily routine. This program empowers you to achieve sustainable weight loss through balanced nutrition and consistent exercise, all while cultivating healthy habits that last a lifetime. Join us and unlock a vibrant, healthier version of yourself!





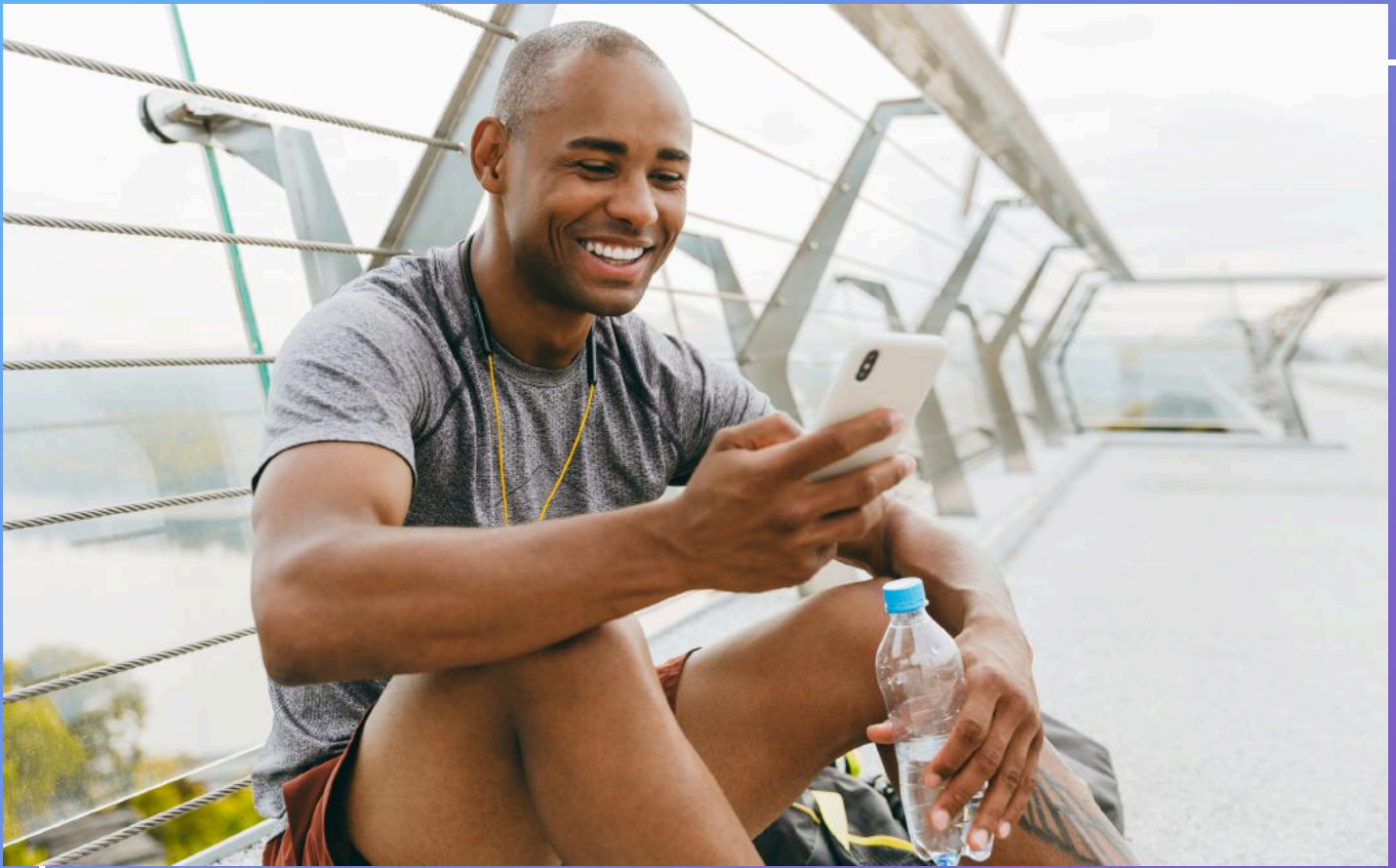
# Lose Weight

Scan QR to Join 6-Week Challenge

Track your progress with a **Beginner Fitness Assessment** before and after the challenge!



Key	Upper Body Strength Development	Lower Body Strength Development	Dynamic Recovery and Mobility	Full Body Strength Essentials	Short and Effective Cardio
	UBSD	LBSD	DRM	FBSE	SEC
	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
WEEK 1	<input type="checkbox"/> <b>Beginner Upper Body</b> UBSD	<input type="checkbox"/> <b>Beginner Lower Body</b> LBSD	<input type="checkbox"/> <b>Recharge Recovery Day</b> DRM	<input type="checkbox"/> <b>Beginner's Full Body</b> FBSE	<input type="checkbox"/> <b>Light Warm-Up Cardio</b> SEC
WEEK 2	<input type="checkbox"/> <b>Resistance Band Upper Body</b> UBSD	<input type="checkbox"/> <b>Resistance Band Lower Body</b> LBSD	<input type="checkbox"/> <b>Flexibility Flow Yoga</b> DRM	<input type="checkbox"/> <b>Total Body Strength and Mobility w/Bands</b> FBSE	<input type="checkbox"/> <b>Full Intensity Cardio</b> SEC
WEEK 3	<input type="checkbox"/> <b>Upper Body Band Burn</b> UBSD	<input type="checkbox"/> <b>Lower Body Band Burn</b> LBSD	<input type="checkbox"/> <b>Pilates Recovery Flow</b> DRM	<input type="checkbox"/> <b>Total Body Band Blast Circuit</b> FBSE	<input type="checkbox"/> <b>Tabata Cardio Burn</b> SEC
WEEK 4	<input type="checkbox"/> <b>Dumbbell Upper Body</b> UBSD	<input type="checkbox"/> <b>Dumbbell Lower Body</b> LBSD	<input type="checkbox"/> <b>Mobility Plus Core Circuit</b> DRM	<input type="checkbox"/> <b>Beginner Dumbbell Full Body</b> FBSE	<input type="checkbox"/> <b>Quick HIIT of Cardio</b> SEC
WEEK 5	<input type="checkbox"/> <b>Upper Body &amp; Core</b> UBSD	<input type="checkbox"/> <b>Don't Skip Leg Day</b> LBSD	<input type="checkbox"/> <b>Functional Mobility</b> DRM	<input type="checkbox"/> <b>Dumbbell Full Body</b> FBSE	<input type="checkbox"/> <b>Boot Camp Inspired</b> SEC
WEEK 6	<input type="checkbox"/> <b>Best Arms</b> UBSD	<input type="checkbox"/> <b>Power Legs</b> LBSD	<input type="checkbox"/> <b>Dynamic Mobility Warm-Up</b> DRM	<input type="checkbox"/> <b>Advanced Dumbbell Full Body</b> FBSE	<input type="checkbox"/> <b>Full Body HIIT</b> SEC



# Thrive

## Challenge Tracker

A daily habit tracker designed to help you log workouts, nutrition, and wellness goals throughout the challenge. Use this space to record your activities, track progress, and reflect on your mood each day. At the end of each week, there's a section for quick reflections, and a final page at the end of the six weeks to capture your overall experience and results.



WEEK 4

WEEK 5

WEEK 6

	SUN	MON	TUE	WED	THU	FRI	SAT
WEEK 4	Goal of the Day _____ _____	Goal of the Day _____ _____	Goal of the Day _____ _____	Goal of the Day _____ _____	Goal of the Day _____ _____	Goal of the Day _____ _____	Goal of the Day _____ _____
	Workout _____ _____	Workout _____ _____	Workout _____ _____	Workout _____ _____	Workout _____ _____	Workout _____ _____	Workout _____ _____
	Nutrition _____ _____	Nutrition _____ _____	Nutrition _____ _____	Nutrition _____ _____	Nutrition _____ _____	Nutrition _____ _____	Nutrition _____ _____
	Mood 😊 😊 😐 😐 😞 😞	Mood 😊 😊 😐 😐 😞 😞	Mood 😊 😊 😐 😐 😞 😞	Mood 😊 😊 😐 😐 😞 😞	Mood 😊 😊 😐 😐 😞 😞	Mood 😊 😊 😐 😐 😞 😞	Mood 😊 😊 😐 😐 😞 😞
WEEK 5	Goal of the Day _____ _____	Goal of the Day _____ _____	Goal of the Day _____ _____	Goal of the Day _____ _____	Goal of the Day _____ _____	Goal of the Day _____ _____	Goal of the Day _____ _____
	Workout _____ _____	Workout _____ _____	Workout _____ _____	Workout _____ _____	Workout _____ _____	Workout _____ _____	Workout _____ _____
	Nutrition _____ _____	Nutrition _____ _____	Nutrition _____ _____	Nutrition _____ _____	Nutrition _____ _____	Nutrition _____ _____	Nutrition _____ _____
	Mood 😊 😊 😐 😐 😞 😞	Mood 😊 😊 😐 😐 😞 😞	Mood 😊 😊 😐 😐 😞 😞	Mood 😊 😊 😐 😐 😞 😞	Mood 😊 😊 😐 😐 😞 😞	Mood 😊 😊 😐 😐 😞 😞	Mood 😊 😊 😐 😐 😞 😞
WEEK 6	Goal of the Day _____ _____	Goal of the Day _____ _____	Goal of the Day _____ _____	Goal of the Day _____ _____	Goal of the Day _____ _____	Goal of the Day _____ _____	Goal of the Day _____ _____
	Workout _____ _____	Workout _____ _____	Workout _____ _____	Workout _____ _____	Workout _____ _____	Workout _____ _____	Workout _____ _____
	Nutrition _____ _____	Nutrition _____ _____	Nutrition _____ _____	Nutrition _____ _____	Nutrition _____ _____	Nutrition _____ _____	Nutrition _____ _____
	Mood 😊 😊 😐 😐 😞 😞	Mood 😊 😊 😐 😐 😞 😞	Mood 😊 😊 😐 😐 😞 😞	Mood 😊 😊 😐 😐 😞 😞	Mood 😊 😊 😐 😐 😞 😞	Mood 😊 😊 😐 😐 😞 😞	Mood 😊 😊 😐 😐 😞 😞

Challenge Reflection

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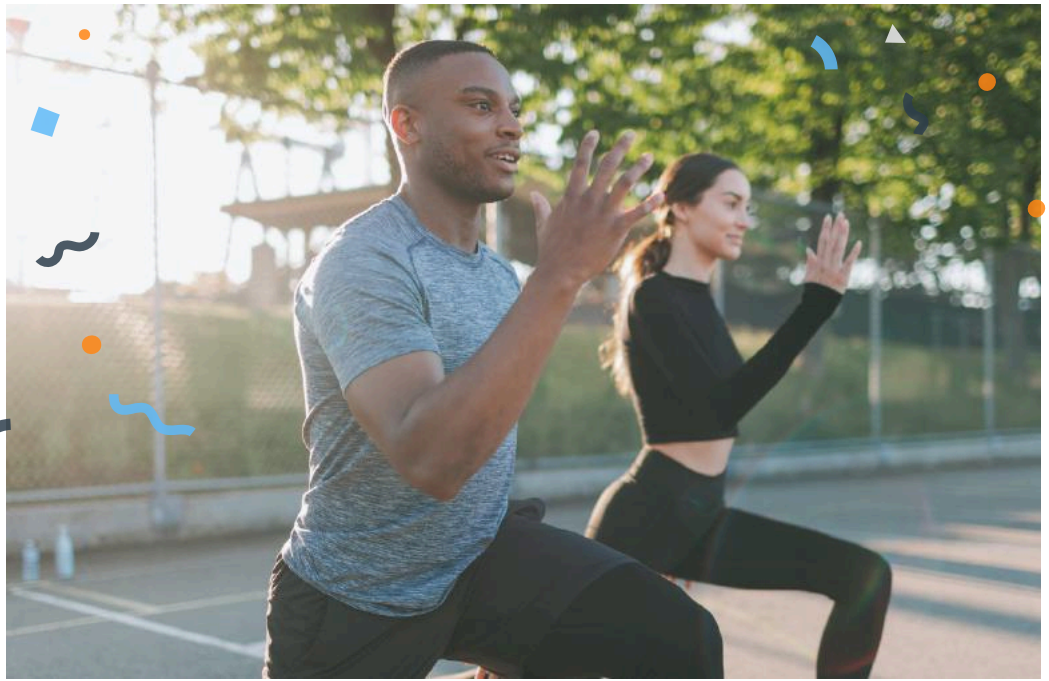


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# Congratulations on Completing Thrive in 2025!

You've taken an important step toward better health and wellness. Whether you joined to move more, build strength, or lose weight, completing this challenge shows your commitment.

Reflect on your progress, celebrate your achievements, and set new goals. Thrive in 2025 is just the beginning of your wellness journey.

Stay connected with the Sworkit community for support, inspiration, and new challenges!

## Citations and Resources

- Centers for Disease Control and Prevention (CDC): Physical Activity Guidelines for Americans
- Additional resources on fitness and wellness are available through Sworkit.