

2026

# FIND YOUR FIT

SWÖRKIT



JANUARY 5 - FEBRUARY 13

MOVE IT | LIFT IT | LOSE IT

CHALLENGE GUIDEBOOK

# Table of Contents

## FIND YOUR FIT CHALLENGE OVERVIEW

*Preview the Move It, Lift It, and Lose It plans at a glance and learn how to make the most of your 6-week experience.*

03

## SETTING SWORKIT GOALS

*Set clear, achievable goals with the SWORKIT framework to guide your progress throughout the Find Your Fit challenge.*

05

## MOVE IT (6 WEEK CHALLENGE)

*A flexible, low-impact challenge with 10–20 minute sessions designed to boost energy, improve posture and mobility, and help you build sustainable movement habits.*

06

## LIFT IT (6 WEEK CHALLENGE)

*Build strength, energy, and confidence with this 6-week program, featuring flexible sessions ideal for all levels and minimal space.*

10

## LOSE IT (6 WEEK CHALLENGE)

*Balanced workouts that elevate energy, strengthen your body, and support healthy weight loss through consistent, approachable movement.*

14

## FIND YOUR FIT CHALLENGE TRACKER

*A daily habit tracker to log workouts, nutrition, and wellness goals, with weekly reflections and a final review of your progress.*

18

## CELEBRATE YOUR WIN

*Acknowledge your hard work, celebrate your achievements, and find useful resources and citations to support your continued wellness journey.*

21

Find Your Fit in 2026 empowers you to move more, feel better, and build momentum that lasts. Each small step adds up to a healthier, happier you.

# Find Your Fit Challenge Overview

This challenge guide is your supportive sidekick for a 6-week journey toward feeling stronger, more confident, and fully connected to your well-being. Built in partnership with an expert team of fitness and wellness professionals—including NASM Certified Personal Trainers, ACSM Certified Exercise Physiologists, NSHC Certified Health Coaches, and NBC-HWC Health Coaches—this program is crafted to help you build habits that last.

## Challenge Plans

Enjoy daily movement that feels good, supports posture, and keeps your body energized. The **MOVE IT** plan is ideal for anyone looking to build a consistent routine through gentle activity that supports mobility, flexibility, balance, and stress relief. These short sessions require little space or equipment and slide easily into your busiest days.

### MOVE IT

#### 5 Types of Workouts

- ✓ Daily Desk Break (Adaptive)
- ✓ Low Impact Strength + Core
- ✓ Somatic, Stretch, Recovery
- ✓ Functional Movement: Balance, Coordination, Flexibility
- ✓ Low Impact Cardio (Studio Workouts)

If your goal is to get stronger, feel powerful, and build muscle safely, **LIFT IT** gives you the structure and progression you need to succeed. Every week increases the challenge slightly, helping you improve endurance, mobility, and foundational strength with effective strength-based training.

### LIFT IT

#### 5 Types of Workouts

- ✓ Upper Body Strength
- ✓ Lower Body Strength
- ✓ Active Recovery/Stretching
- ✓ Full Body Strength
- ✓ Cardio, HIIT, Plyo, Core

Finally, for those ready to focus on weight loss, the **LOSE IT** path combines cardio, strength, and metabolism-boosting circuits designed to help you burn calories, lose inches, and gain confidence. Sessions progress gradually to keep you safe, motivated, and seeing results throughout the 6 weeks.

### LOSE WEIGHT

#### 5 Types of Workouts

- ✓ Upper Body
- ✓ Lower Body
- ✓ Active Recovery and Mobility
- ✓ Cardio + Core
- ✓ Full Body HIIT / Circuit Strength

## 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.sworakit.com/en/articles/9600686-how-does-sworakit-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

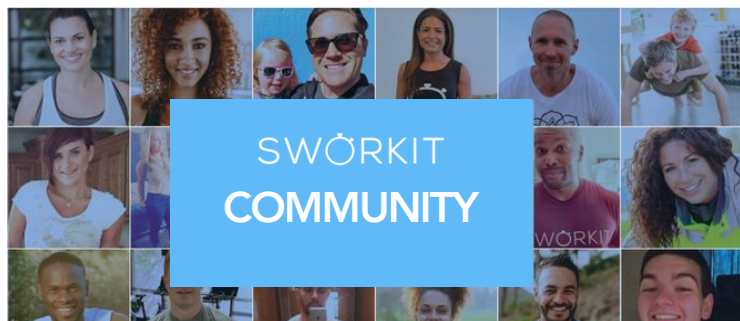
2-3 Rounds  
15-30 Minutes

### Advanced

3-4 Rounds  
20-45 Minutes

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

## Get Involved in the Sworakit Community On Facebook



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.

Members · 1.7K



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

# Setting SWORKIT Goals

Before you begin your Find Your Fit challenge, take a moment to set your SWORKIT goals. The SWORKIT framework helps you define a clear, realistic goal that fits your lifestyle and keeps you motivated throughout the next 6 weeks. Whether you are choosing Move It, Lift It, or Lose It, your goals will guide your progress and support lasting success. Let's get started!

**Goal:**

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

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

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

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

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

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

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

*Stay committed, adjust as needed, and celebrate your wins. Let your goals guide and motivate you as you move, build strength, and progress through the challenge!*





# MOVE IT

## 6-Week Low-Impact Challenge

Gentle mobility and low-impact workouts that improve posture, balance, and daily energy. Perfect for all fitness levels, these 10–20 minute sessions help you move confidently with minimal equipment or space.

### Equipment



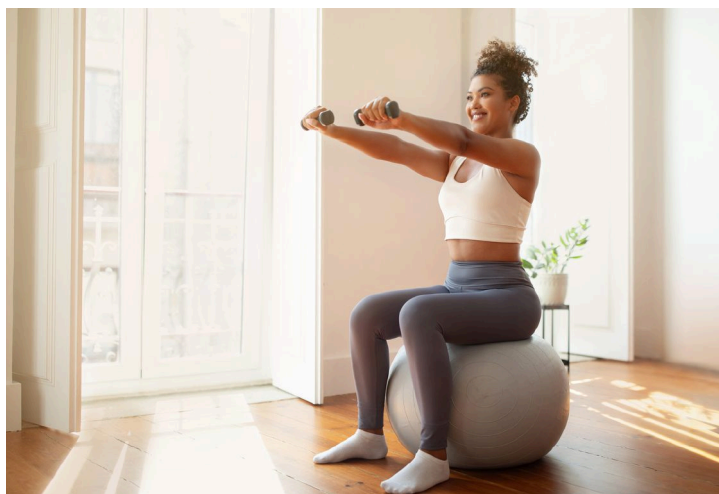
Exercise Mat



Chair



Light Dumbbells  
optional



## Move It Challenge Guide

Welcome to the Find Your Fit in 2026: Move It Challenge! This 6-week program helps you build lasting movement habits with easy, low-impact workouts anywhere. In just 10–20 minutes a day, boost strength, mobility, and energy while easing stress. Whether starting fresh or leveling up, these sessions fit your schedule and fitness level.

### How to Use This Guide

- Complete the daily workout from the five categories according to the schedule each week
- Feel free to mix and match workouts if you need flexibility with your time or energy
- Aim for at least one workout per day, but you can do more if you wish
- Modify exercises as needed to match your fitness level and any physical considerations

### Exercise Program Framework

To help you easily integrate movement into your day, the program includes five workout types organized in a consistent weekly flow:

#### Desk based Mobility

Gentle standing and seated movements to start your day with ease and improve posture.

#### Low Impact Strength + Core

Strengthen your body with low-impact exercises focused on core stability and full-body conditioning.

#### Somatic, Stretch, Recovery

Somatic, Stretch, Recovery Mindful movement, breath work, and stretching designed to promote relaxation and lasting wellness.

#### Low Impact Cardio

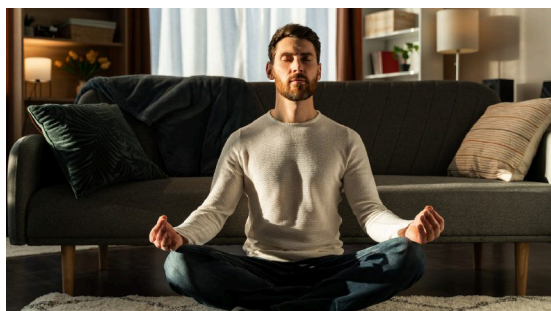
Boost endurance and energy with gentle, joint-friendly cardio designed for all levels.

#### Balance, Coordination & Flexibility

Exercises that build balance, coordination, and functional flexibility for everyday activities.

### Tips for Success

- Consistency is key—aim to move daily, even if only for a few minutes
- Listen to your body and select workouts that feel good each day
- Stay hydrated and focus on deep, steady breathing throughout your sessions
- Celebrate every workout as a valuable step towards your health and wellness goals



### Stress Reduction and Mindfulness

Use movement to reduce stress and cultivate calm. Add deep breathing during yoga, mobility, core, and somatic sessions to release tension, boost clarity, and connect mind and body. Slow down, breathe, and tune in to support overall well-being.

## Fuel Your Body for Success

Proper nutrition is key to maintaining energy and focus throughout your 6-week Move It Plan.

### Nutrition

#### Meals & Fuel



- Start mornings with complex carbs: ½ cup cooked oatmeal or a slice of whole-grain bread.
- Complement meals with ½ cup brown rice or quinoa for sustained fuel.
- Include plant-based proteins: 3–4 oz tofu, tempeh, beans, lentils, or chickpeas.
- Breakfast options: chia pudding, peanut butter on whole-grain toast, or soy/coconut yogurt.
- Add nutrient-rich foods: leafy greens, beans, berries, and citrus fruits.
- Meal prep roasted vegetables and grains to keep healthy options ready.

#### Snacks & Pre/Post-Workout



- 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 & General Guidance



- Stay hydrated by drinking half your body weight in ounces daily (about 8-10 cups).
- Consult your healthcare provider before making major dietary changes.



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

**Congratulations on committing to your daily movement journey with Find Your Fit in 2026: Move It Plan. Over these 6 weeks, you have developed sustainable habits that can flex with your lifestyle. Keep embracing movement, listening to your body, and making wellness a consistent part of your life beyond the challenge. Here's to thriving and finding your fit every day in 2026 and beyond.**





# MOVE IT

## Scan QR to Join 6-Week Challenge

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



Key

Daily Desk Break

DDB

Functional Movement

FM

Low Impact Strength + Core

LISC

Low Impact Cardio

LIC

Somatic, Stretch, Recovery

SSR

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

WEEK 1

Work From Home:  
Improve your  
Posture

DDB

Seize the Day  
Stretch

FM

Safe Lifting  
Strength  
Essentials

LISC

Energy Boost  
Studio

LIC

Pilates Recovery  
Flow OR Somatic  
Shoulder

SSR

WEEK 2

Seated Upper  
Back Stretches

DDB

Quick Low Back  
Stretch

FM

No Gym, No  
Problem: ARS  
Day

LISC

Simple Daily Flow

LIC

Somatic  
Stretching

SSR

WEEK 3

Reduce Neck  
Tightness

DDB

Sunset Synergy  
Stretch

FM

Gentle Core  
Workout

LISC

Low Impact  
Cardio

LIC

Somatic Neck

SSR

WEEK 4

Reduce Glute &  
Hamstring  
Tightness

DDB

Bottom Half  
Stretch

FM

No Gym, No  
Problem: Leg Day

LISC

Agility & Anchor

LIC

Somatic Hip

SSR

WEEK 5

Stand Up and  
Move Refresher

DDB

Front to Back  
Stretch

FM

Bone Building  
Strength  
Workout

LISC

Energy for Life

LIC

Somatic Yoga  
Flow

SSR

WEEK 6

Standing Only  
Office Stretch

DDB

Balance Basics

FM

Balanced Body  
Pilates Remix

LISC

Basics for Boxing  
OR Chill Out Flow

LIC

Somatic  
Movement

SSR



# LIFT IT

## 6-Week Challenge

Join the Find Your Fit in 2026: Lift It Challenge to build strength, boost energy, and feel empowered. This flexible 6-week plan features short, targeted sessions that improve endurance, mobility, and foundational strength while helping prevent injury. Perfect for any fitness level, these 10–20 minute workouts fit into small spaces, busy schedules, and any routine.

### Equipment



Exercise Mat



Chair



Dumbbells



Kettlebell



Resistance Band  
w/ Handles



Resistance  
Loop



## Lift It Challenge Guide

Welcome to the Find Your Fit in 2026: Lift It Sworkit Challenge! This 6-week program helps you add strength exercises to your daily routine. Build muscle, improve mobility, and boost overall well-being with just 10–20 minutes of focused movement each day. Whether you're a beginner or complementing your current routine, this challenge empowers you to feel stronger and fitter!

### How to Use This Guide

- Complete the daily workout from the five categories according to the schedule each week
- Feel free to mix and match workouts if you need flexibility with your time or energy
- Aim for at least one workout per day, but you can do more if you wish
- Modify exercises as needed to match your fitness level and any physical considerations

### Exercise Program Framework

The Lift It program follows a five-day weekly routine designed for all fitness levels. Workouts gradually increase in intensity, starting with bodyweight exercises and eventually incorporating dumbbells, resistance bands, loops, and kettlebells. This progression builds strength safely and effectively. Here's how the plan is structured:

#### Upper Body Strength

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

#### Lower Body Strength

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

#### Active Recovery or Stretching

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

#### Full Body Strength

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

#### Cardio and Core

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

### Tips for Success

- **Consistency is Key** - Stick to the routine as closely as possible. Progress comes from regular effort, so aim to complete all five workout days each week.
- **Focus on Form** - Proper form is essential for preventing injury and getting the most out of each exercise. Don't rush through movements; prioritize control and precision.
- **Progress Gradually** - As you get stronger, gradually increase the intensity by adding resistance (resistance bands/loop or weights) or increasing reps. This keeps your muscles challenged and progressing.
- **Incorporate Rest and Recovery** - Your body needs time to repair and grow stronger. Use your active recovery or stretching day to focus on flexibility, mobility, and reducing muscle soreness.

## Nutrition

### Protein Power



- To get the best results from the Lift It Challenge, it's essential to support your workouts with proper nutrition. Prioritize protein at every meal to aid in muscle repair and growth, with sources like lean meats, eggs, tofu, or beans. Alongside protein, 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.

### Energy Essentials



- Focusing on a variety of fruits and vegetables will ensure you're getting the essential vitamins and minerals needed for overall health and recovery. Regular meals are important to keep energy levels stable and avoid fatigue. If weight management is a goal, paying attention to portion sizes and choosing nutrient-dense foods will help you achieve balanced nutrition while supporting muscle-building efforts.

### Hydration and Health



- Hydration is key, so aim for at least 8 cups of water daily, and even more if you're sweating heavily during workouts. Eating before and after your workouts can help optimize performance and recovery. A balanced snack with carbs and protein, like a banana with peanut butter, is great pre-workout fuel, while a protein shake or a meal with protein and carbs within 30-60 minutes post-workout aids in muscle repair.



**Congratulations on Committing to Build Strength**

Get ready to elevate your fitness with the Find Your Fit in 2026: Lift It Challenge! Over six weeks, you'll build strength through bodyweight and targeted resistance workouts that boost muscle, mobility, and confidence. With consistent movement and smart nutrition, you'll develop healthy habits and lasting strength on your journey to a stronger, healthier you!





# LIFT IT

## Scan QR to Join 6-Week Challenge

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



**Key**

Upper Body Strength + Core

UBSC

Lower Body Strength + Glutes

LBSG

Active Recovery/Stretching

ARS

Full Body

FB

Cardio/HIIT/Plyo/Core

CHPC

**DAY 1**

**DAY 2**

**DAY 3**

**DAY 4**

**DAY 5**

**WEEK 1**

Get Focused  
Fitness Refresher

UBSC

Lower Body Lift  
Off NEW

LBSG

Fresh Start Reset

ARS

Everybody  
Strength

FB

Core Foundation:  
Beginner Abs &  
Stability. NEW

CHPC

**WEEK 2**

Build Strength -  
Upper Body NEW

UBSC

Build Strength -  
Lower Body

LBSG

Recovery Day

ARS

New Year, New  
Me Full Body

FB

Cardio Kickstart

CHPC

**WEEK 3**

Start Strong:  
Upper Body

UBSC

Start Strong:  
Lower Body

LBSG

Refuel Day Yoga

ARS

Daily Movement  
Dynamics

FB

Start Strong: Abs  
& Core

CHPC

**WEEK 4**

Upper Body Band  
Burn

UBSC

Lower Body  
Band Burn

LBSG

Forever Flexible

ARS

Total Body Band  
Blast Circuit

FB

Total Knockout

CHPC

**WEEK 5**

Toned Up ARSs

UBSC

Legs in Motion:  
Lower Body  
Strength

LBSG

Gentle Somatic  
Movement

ARS

Full Body Pump

FB

Dumbbell Cardio

CHPC

**WEEK 6**

Flex Those Strong  
ARSs

UBSC

Kettlebell Lower  
Body Strength &  
Balance

LBSG

Dynamic Pilates  
Fusion

ARS

Finish Stronger

FB

Kettlebell Core  
Strength

CHPC



# LOSE IT

## 6-Week Challenge

Join the Find Your Fit in 2026: Lose It Challenge and commit to six weeks of dynamic workouts that burn calories, build strength, and support weight loss. This progressive program begins with bodyweight exercises and gradually adds bands, dumbbells, and kettlebells for any fitness level. Each week blends cardio, strength, core, and recovery to keep training balanced, engaging, and effective, helping you see results by the end of six weeks.

### Equipment



Exercise Mat



Resistance Band  
w/ Handles



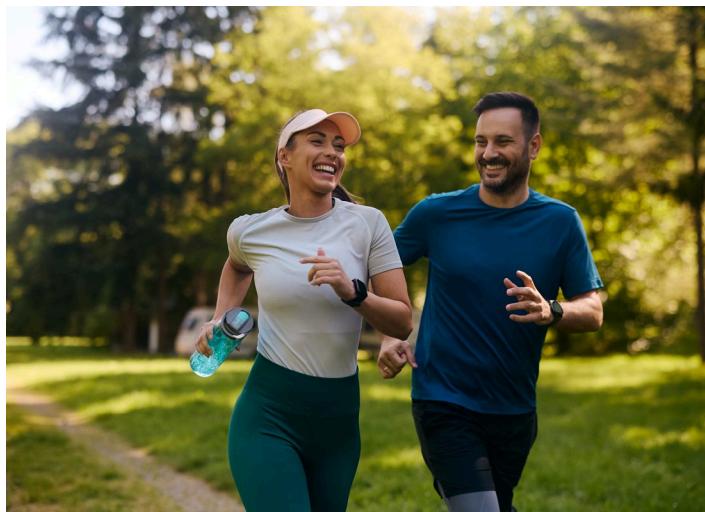
Light Dumbbells



Kettlebell



Resistance Loops



## Lose It Challenge Guide

Welcome to the Find Your Fit in 2026: Lose It Challenge! This 6-week program combines strength, cardio, and recovery workouts for all fitness levels, whether starting out or refreshing your routine. Move from bodyweight to bands and equipment like dumbbells and kettlebells to keep workouts engaging. Designed to burn calories, build strength, and support lasting weight loss, this challenge helps you shed pounds and feel healthier and stronger.

### How to Use This Guide

- Choose a daily workout from the five categories each day.
- Combine and customize workouts to fit your schedule and energy levels.
- Strive for at least one workout each day, but don't hesitate to do more if you're up for it.
- Adjust exercises as necessary to accommodate your fitness level and any physical limitations.

### Exercise Program Framework

To help you get the best results, our workouts follow a five-day program. Each category gradually increases in intensity, progressing from bodyweight exercises to resistance bands, and finally to dumbbells or kettlebells. Here's a breakdown of our weight-loss plan framework:

#### Upper Body

Build strength and definition in your chest, back, shoulders, and arms with exercises that burn calories and support weight loss.

#### Lower Body

Strengthen and shape your legs and glutes with movements that burn calories, tone muscle, and boost lower-body power.

#### Active Recovery & Mobility

Restore and reset with gentle stretches and mobility work that keep you moving, support recovery, and aid calorie burn on rest day.

#### Cardio + Core

Fire up your metabolism and strengthen your core with workouts that raise heart rate, burn calories, and shed pounds.

#### Full Body HIIT & Circuit Strength

Push your limits with high-intensity circuits that work multiple muscle groups, burn calories, and boost fat loss while building full-body strength.



### Tips for Success

- **Set Goals** - Use the S.M.A.R.T. framework for short- and long-term objectives.
- **Lifestyle** - Prioritize sleep, manage stress, practice mindful eating, and adopt healthy habits.
- **Track Progress** - Use a journal or apps to log workouts, monitor weight, and reflect.
- **Adapt Equipment** - Swap household items for weights or use alternatives to stay consistent.
- **Use Modifications** - Adjust exercises, reduce reps or weight, or skip moves—consistency beats perfection.



## Understanding Weight Loss

Understanding weight loss is crucial for achieving your fitness goals, and the key principle is creating a calorie deficit by burning more calories than you consume. This involves balancing "calories in vs. calories out" through a healthy diet that provides essential nutrients while managing calorie intake, along with regular exercise to burn extra calories and build muscle. Sustainable weight loss involves gradual, lasting lifestyle changes, aiming for a healthy rate of 1 to 2 pounds per week. To enhance your journey, focus on nutrient-dense foods and track your progress. Remember, committing to long-term changes is crucial for both achieving and maintaining your desired weight.

### Nutrition

#### Fuel Your Body



- 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 Your Plate



- 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 those pesky cravings.

#### Whole Foods & Protein Power



- Whole foods are your best friends, full of vitamins and minerals that support weight loss and keep your body running smoothly. High-protein and high-fiber foods act as natural appetite suppressants. By following these principles, you're not just losing weight—you're building a healthier, more vibrant you.



**Congratulations on Committing to Your Fitness Transformation!**

Get ready to transform with the Find Your Fit in 2026: Lose It Challenge! Over six weeks, you'll progress from bodyweight workouts to bands, dumbbells, and kettlebells, keeping every session engaging and effective for any fitness level. With a blend of strength, cardio, recovery, and HIIT, each workout is designed to maximize calorie burn, shed pounds, and build lean strength. More than just exercise, this challenge helps you set realistic goals, make smart modifications, and adopt healthy habits that lead to lasting weight loss and a stronger, healthier you.





# LOSE IT

Scan QR to Join 6-Week Challenge

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



Key	Upper Body Strength	Lower Body Strength	Active Recovery & Mobility	Cardio & Core	Full Body Strength & HIIT Circuit
	UBS	LBS	ARM	CC	FBSHC
	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
WEEK 1	<div><input type="checkbox"/></div> <div>Toned Strong Arms</div> <div>UBS</div>	<div><input type="checkbox"/></div> <div>Legs for Days (Low-Impact)</div> <div>LBS</div>	<div><input type="checkbox"/></div> <div>Full Body Flexibility Stretch</div> <div>ARM</div>	<div><input type="checkbox"/></div> <div>Abs and Cardio Extreme</div> <div>CC</div>	<div><input type="checkbox"/></div> <div>Daily Movement Dynamics</div> <div>FBSHC</div>
WEEK 2	<div><input type="checkbox"/></div> <div>Pull Day Upper Body</div> <div>UBS</div>	<div><input type="checkbox"/></div> <div>Loop Hole</div> <div>LBS</div>	<div><input type="checkbox"/></div> <div>Forever Flexible</div> <div>ARM</div>	<div><input type="checkbox"/></div> <div>Joint-Friendly Cardio</div> <div>CC</div>	<div><input type="checkbox"/></div> <div>Functional Balance and Coordination</div> <div>FBSHC</div>
WEEK 3	<div><input type="checkbox"/></div> <div>Start Strong Upper Body</div> <div>UBS</div>	<div><input type="checkbox"/></div> <div>Start Strong Lower Body</div> <div>LBS</div>	<div><input type="checkbox"/></div> <div>Dynamic Mobility Warm-up</div> <div>ARM</div>	<div><input type="checkbox"/></div> <div>Get Moving without Sweating</div> <div>CC</div>	<div><input type="checkbox"/></div> <div>Cardio &amp; Core Synergy</div> <div>FBSHC</div>
WEEK 4	<div><input type="checkbox"/></div> <div>Feel the Burn Shoulder &amp; Bicep Day</div> <div>UBS</div>	<div><input type="checkbox"/></div> <div>Sunny Daze Lower Body Strength</div> <div>LBS</div>	<div><input type="checkbox"/></div> <div>Safe Lifting Dynamic Warm-up</div> <div>ARM</div>	<div><input type="checkbox"/></div> <div>Full Body Light Energizer</div> <div>CC</div>	<div><input type="checkbox"/></div> <div>Time's Up: Quick Full Body Strength</div> <div>FBSHC</div>
WEEK 5	<div><input type="checkbox"/></div> <div>Best Arms</div> <div>UBS</div>	<div><input type="checkbox"/></div> <div>Power Legs</div> <div>LBS</div>	<div><input type="checkbox"/></div> <div>Low-Impact Flexibility &amp; Balance</div> <div>ARM</div>	<div><input type="checkbox"/></div> <div>Coredio</div> <div>CC</div>	<div><input type="checkbox"/></div> <div>Total Body Tune Up</div> <div>FBSHC</div>
WEEK 6	<div><input type="checkbox"/></div> <div>Upper Body Circuit</div> <div>UBS</div>	<div><input type="checkbox"/></div> <div>Lower Body Blast</div> <div>LBS</div>	<div><input type="checkbox"/></div> <div>Functional Mobility at Home</div> <div>ARM</div>	<div><input type="checkbox"/></div> <div>Cardio Burn</div> <div>CC</div>	<div><input type="checkbox"/></div> <div>Full Body HIIT</div> <div>FBSHC</div>



# FIND YOUR FIT

## 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.




































































































## Find Your Fit Challenge Tracker

## Week 1 - Week 3

January						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

February						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Use this tracker to log daily activities like workouts, nutrition, and wellness goals. Circle a mood face to reflect your day, and at week's end, note highlights or challenges to track progress and stay motivated!

		SUN	MON	TUE	WED	THU	FRI	SAT
WEEK 1	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	Goal of the Day
	Workout	Workout	Workout	Workout	Workout	Workout	Workout	Workout
	Nutrition	Nutrition	Nutrition	Nutrition	Nutrition	Nutrition	Nutrition	Nutrition
	Mood	Mood	Mood	Mood	Mood	Mood	Mood	Mood
	    	    	    	    	    	    	  	
WEEK 2	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	Goal of the Day
	Workout	Workout	Workout	Workout	Workout	Workout	Workout	Workout
	Nutrition	Nutrition	Nutrition	Nutrition	Nutrition	Nutrition	Nutrition	Nutrition
	Mood	Mood	Mood	Mood	Mood	Mood	Mood	Mood
	    	    	    	    	    	    	  	
WEEK 3	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	Goal of the Day
	Workout	Workout	Workout	Workout	Workout	Workout	Workout	Workout
	Nutrition	Nutrition	Nutrition	Nutrition	Nutrition	Nutrition	Nutrition	Nutrition
	Mood	Mood	Mood	Mood	Mood	Mood	Mood	Mood
	    	    	    	    	    	    	  	

WEEK 4

WEEK 5

WEEK 6

SUN	MON	TUE	WED	THU	FRI	SAT
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Challenge Reflection





## Congratulations on Completing Find Your Fit in 2026!

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 dedication.

Reflect on your progress, celebrate your achievements, and set new goals. Find Your Fit in 2026 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
- American Council on Exercise (ACE) (<https://www.acefitness.org>)
- Academy of Nutrition and Dietetics (<https://www.eatright.org>)
- National Strength and Conditioning Association (NSCA) (<https://www.nsc.com>)
- Mayo Clinic (<https://www.mayoclinic.org>)
- Harvard T.H. Chan School of Public Health (<https://www.hsph.harvard.edu/nutritionsource>)
- <https://www.health.harvard.edu/healthbeat/eating-to-boost-energy>
- <https://www.webmd.com/obesity/features/eat-to-boost-your-energy>
- <https://app.sworkit.com/collections/nutrition-and-wellness>
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- <https://sworkit.com/fitness-goals/smart-fitness-goals-2>