



# Summer Camp

## BADGE BOARD

Track Your Progress



### Day 1: MONDAY CAMP KICKOFF

- ☐ Complete the Daily Workout
- ☐ Set your weekly fitness schedule
- ☐ Choose a personal goal for the week
- ☐ Write 1 affirmation to stay focused
- ☐ Hydrate well and fuel up with colorful foods (take a picture for your reference)
- ☐ Earn your **Camp Kickoff Badge**



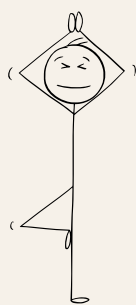
### Day 2: TUESDAY TIGHTEN UP

- ☐ Complete the Core Challenge workout
- ☐ Hold a plank variation for 1 min (or build up to it!)
- ☐ Try a new core move on your Total Gym
- ☐ Fuel up with a healthy meal or snack
- ☐ Earn your **Core Quest Badge**



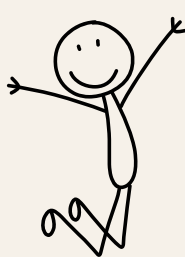
### Day 3: WEDNESDAY WILDCARD

- ☐ Complete the strength + cardio workout
- ☐ Add a new or favorite Total Gym move
- ☐ Take a 15-minute walk or movement break
- ☐ Track how your energy feels today
- ☐ Earn your **Strength + Cardio Badge**



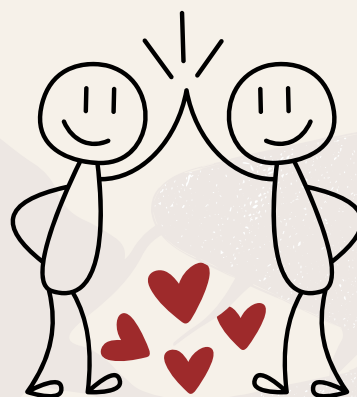
### Day 4: THURSDAY FLOW & FLEX

- ☐ Complete the stretch & recovery routine
- ☐ Do a 5-minute quiet reflection or meditation
- ☐ Fuel up with something your body loves
- ☐ List 3 things you're grateful for
- ☐ Earn your **Recovery & Mindset Badge**



### Day 5 FRIDAY CAMP CLOSEOUT

- ☐ Complete the final celebration workout
- ☐ Do a full-body stretch session
- ☐ Reflect on your week: wins & lessons
- ☐ Celebrate your wins! Take a photo or journal
- ☐ Earn your **Final Camp Badge**



Move with purpose, train with variety, and celebrate progress all week long!



[mariasollonfitness.com](https://mariasollonfitness.com)



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