

The 12 Days of Christmas

(The Core)

www.wellpath.info/12-dayschallenge

Remember to listen to your body. Don't injure yourself or over-train. If an exercise seems particularly difficult or you are getting sore, consider taking breaks during your routine and substitute the troublesome exercise with another. Contact wellness@srpmic-nsn.gov or a WellPath Coach if you would like any help with your routine.

This routine starts slow and gives you time to get used to your routine, but it builds in 12-days to a significant amount of exercise (see spreadsheet in the back of this hymnal). Pay attention for symptoms of overtraining and remember to rest 2 days per week in the last two weeks.

Have fun and share the Holiday spirit and workout with others. Please consider taking pictures or video and sharing with WellPath.

Day One: December 1st



On the first day of CHRISTmas WellPath gave to me, a quick set of 4 high knees
(each knee = 1).

Day Two: December 2nd



On the first day of CHRISTmas WellPath gave to me, a quick set of 4 high knees
(each knee = 1).



On the second day of CHRISTmas WellPath Gave to me, 2 Airplane Poses (left + right = 1)
and a quick set of 4 high knees)

Day Three: December 3rd



On the first day of CHRISTmas WellPath gave to me, a quick set of 4 high knees
(each knee = 1).



On the second day of CHRSTmas WellPath Gave to me, 2 Airplane Poses (left + right = 1) and a quick set of 4 high knees)



On the third day of CHRISTmas WellPath gave to me, 3 T-stands (each side=1), 2 Airplane Poses (left + right = 1) and a quick set of 4 high knees)

Day Four: December 4th



On the first day of CHRISTmas WellPath gave to me, a quick set of 4 high knees
(each knee = 1).



On the second day of CHRSTmas WellPath Gave to me, 2 Airplane Poses (left + right = 1) and a quick set of 4 high knees)



On the third day of CHRISTmas WellPath gave to me, 3 T-stands (each side=1), 2 Airplane Poses (left + right = 1) and a quick set of 4 high knees)



On the fourth day of CHRISTmas WellPath gave to me, 4 plank taps (left + right = 1) 3 T-stands (each side = 1), 2 Airplane Poses (left + right = 1) and a quick set of 4 high knees)

Day Five: December 5th



On the first day of CHRISTmas WellPath gave to me, a quick set of 4 high knees
(each knee = 1).



On the second day of CHRISTmas WellPath Gave to me, 2 Airplane Poses (left + right = 1)
and a quick set of 4 high knees)



On the third day of CHRISTmas WellPath Gave to me, 3 T-stands (each side=1), 2 Airplane
Poses (left + right = 1) and a quick set of 4 high knees)



On the fourth day of CHRISTmas WellPath Gave to me, 4 plank taps (left + right = 1) 3 T-stands
(each side=1), 2 Airplane Poses (left + right = 1) and a quick set of 4 high knees)



On the fifth day of CHRISTmas WellPath Gave to me, 5 modified side planks (L+R=1), 4
plank taps (left + right = 1) 3 T-stands (each side=1), 2 Airplane Poses (left + right = 1) and a quick set
of 4 high knees)

Day Six: December 6th



On the first day of CHRISTmas WellPath gave to me, a quick set of 4 high knees (each knee = 1).



On the second day of CHRISTmas WellPath Gave to me, 2 Airplane Poses (left + right = 1) and a quick set of 4 high knees)



On the third day of CHRISTmas WellPath Gave to me, 3 T-stands (each side=1), 2 Airplane Poses (left + right = 1) and a quick set of 4 high knees)



On the fourth day of CHRISTmas WellPath Gave to me, 4 plank taps (left + right = 1) 3 T-stands (each side=1), 2 Airplane Poses (left + right = 1) and a quick set of 4 high knees)



On the fifth day of CHRISTmas WellPath Gave to me, 5 modified side planks (L+R=1), 4 plank taps (left + right = 1) 3 T-stands (each side=1), 2 Airplane Poses (left + right = 1) and a quick set of 4 high knees)



On the sixth day of CHRISTmas WellPath Gave to me, 6 camel poses, 5 modified side planks (L+R=1), 4 plank taps (left + right = 1) 3 T-stands (each side=1), 2 Airplane Poses (left + right = 1) and a quick set of 4 high knees)

Day Seven: December 7th



On the first day of CHRISTmas WellPath gave to me, a quick set of 4 high knees
(each knee = 1).



On the second day of CHRSTmas WellPath Gave to me, 2 Airplane Poses (left + right = 1)
and a quick set of 4 high knees)



On the third day of CHRSTmas WellPath Gave to me, 3 T-stands (each side=1), 2 Airplane
Poses (left + right = 1) and a quick set of 4 high knees)



On the fourth day of CHRSTmas WellPath Gave to me, 4 plank taps (left + right = 1) 3 T-stands
(each side=1), 2 Airplane Poses (left + right = 1) and a quick set of 4 high knees)



On the fifth day of CHRSTmas WellPath Gave to me, 5 modified side planks (L+R=1), 4
plank taps (left + right = 1) 3 T-stands (each side=1), 2 Airplane Poses (left + right = 1) and a quick set
of 4 high knees)



On the sixth day of CHRSTmas WellPath Gave to me, 6 camel poses, 5 modified side
planks (L+R=1), 4 plank taps (left + right = 1) 3 T-stands (each side=1), 2 Airplane Poses (left + right = 1)
and a quick set of 4 high knees)



On the seventh day of CHRSTmas WellPath Gave to me, 7 plank jacks, 6 camel poses, 5
modified side planks (L+R=1), 4 plank taps (left + right = 1) 3 T-stands (each side=1), 2 Airplane Poses
(left + right = 1) and a quick set of 4 high knees)

Day Eight: December 8th

On the first day of CHRISTmas WellPath gave to me, a quick set of 4 high knees
(each knee = 1).

On the second day of CHRISTmas WellPath Gave to me, 2 Airplane Poses (left + right = 1)
and a quick set of 4 high knees)

On the third day of CHRISTmas WellPath Gave to me, 3 T-stands (each side=1), 2 Airplane
Poses (left + right = 1) and a quick set of 4 high knees)

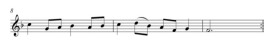
On the fourth day of CHRISTmas WellPath Gave to me, 4 plank taps (left + right = 1) 3 T-stands
(each side=1), 2 Airplane Poses (left + right = 1) and a quick set of 4 high knees)

On the fifth day of CHRISTmas WellPath Gave to me, 5 modified side planks (L+R=1), 4
plank taps (left + right = 1) 3 T-stands (each side=1), 2 Airplane Poses (left + right = 1) and a quick set
of 4 high knees)

On the sixth day of CHRISTmas WellPath Gave to me, 6 camel poses, 5 modified side
planks (L+R=1), 4 plank taps (left + right = 1) 3 T-stands (each side=1), 2 Airplane Poses (left + right = 1)
and a quick set of 4 high knees)

On the seventh day of CHRISTmas WellPath Gave to me, 7 plank Jacks, 6 camel poses, 5
modified side planks (L+R=1), 4 plank taps (left + right = 1) 3 T-stands (each side=1), 2 Airplane Poses
(left + right = 1) and a quick set of 4 high knees)

On the eighth day of CHRISTmas WellPath Gave to me, 8 Supermans, 7 plank Jacks, 6
camel poses, 5 modified side planks (L+R=1), 4 plank taps (left + right = 1) 3 T-stands (each side=1), 2
Airplane Poses (left + right = 1) and a quick set of 4 high knees)



Day Nine: December 9th

On the first day of CHRISTmas WellPath gave to me, a quick set of 4 high knees (each knee = 1).

On the second day of CHRSTmas WellPath Gave to me, 2 Airplane Poses (left + right = 1) and a quick set of 4 high knees)

On the third day of CHRSTmas WellPath Gave to me, 3 T-stands (each side=1), 2 Airplane Poses (left + right = 1) and a quick set of 4 high knees)

On the fourth day of CHRSTmas WellPath Gave to me, 4 plank taps (left + right = 1) 3 T-stands (each side=1), 2 Airplane Poses (left + right = 1) and a quick set of 4 high knees)

On the fifth day of CHRSTmas WellPath Gave to me, 5 modified side planks (L+R=1), 4 plank taps (left + right = 1) 3 T-stands (each side=1), 2 Airplane Poses (left + right = 1) and a quick set of 4 high knees)

On the sixth day of CHRSTmas WellPath Gave to me, 6 camel poses, 5 modified side planks (L+R=1), 4 plank taps (left + right = 1) 3 T-stands (each side=1), 2 Airplane Poses (left + right = 1) and a quick set of 4 high knees)

On the seventh day of CHRSTmas WellPath Gave to me, 7 plank jacks, 6 camel poses, 5 modified side planks (L+R=1), 4 plank taps (left + right = 1) 3 T-stands (each side=1), 2 Airplane Poses (left + right = 1) and a quick set of 4 high knees)

On the eighth day of CHRSTmas WellPath Gave to me, 8 Supermans, 7 plank jacks, 6 camel poses, 5 modified side planks (L+R=1), 4 plank taps (left + right = 1) 3 T-stands (each side=1), 2 Airplane Poses (left + right = 1) and a quick set of 4 high knees)

On the ninth day of CHRSTmas WellPath Gave to me, 9 genie sits, 8 Supermans, 7 plank jacks, 6 camel poses, 5 modified side planks (L+R=1), 4 plank taps (left + right = 1) 3 T-stands (each side=1), 2 Airplane Poses (left + right = 1) and a quick set of 4 high knees)



Day 10: December 10th

On the first day of CHRISTmas WellPath gave to me, a quick set of 4 high knees (each knee = 1).

On the second day of CHRISTmas WellPath Gave to me, 2 Airplane Poses (left + right = 1) and a quick set of 4 high knees)

On the third day of CHRISTmas WellPath Gave to me, 3 T-stands (each side=1), 2 Airplane Poses (left + right = 1) and a quick set of 4 high knees)

On the fourth day of CHRISTmas WellPath Gave to me, 4 plank taps (left + right = 1) 3 T-stands (each side=1), 2 Airplane Poses (left + right = 1) and a quick set of 4 high knees)

On the fifth day of CHRISTmas WellPath Gave to me, 5 modified side planks (L+R=1), 4 plank taps (left + right = 1) 3 T-stands (each side=1), 2 Airplane Poses (left + right = 1) and a quick set of 4 high knees)

On the sixth day of CHRISTmas WellPath Gave to me, 6 camel poses, 5 modified side planks (L+R=1), 4 plank taps (left + right = 1) 3 T-stands (each side=1), 2 Airplane Poses (left + right = 1) and a quick set of 4 high knees)

On the seventh day of CHRISTmas WellPath Gave to me, 7 plank jacks, 6 camel poses, 5 modified side planks (L+R=1), 4 plank taps (left + right = 1) 3 T-stands (each side=1), 2 Airplane Poses (left + right = 1) and a quick set of 4 high knees)

On the eighth day of CHRISTmas WellPath Gave to me, 8 Supermans, 7 plank jacks, 6 camel poses, 5 modified side planks (L+R=1), 4 plank taps (left + right = 1) 3 T-stands (each side=1), 2 Airplane Poses (left + right = 1) and a quick set of 4 high knees)

On the ninth day of CHRISTmas WellPath Gave to me, 9 genie sits, 8 Supermans, 7 plank jacks, 6 camel poses, 5 modified side planks (L+R=1), 4 plank taps (left + right = 1) 3 T-stands (each side=1), 2 Airplane Poses (left + right = 1) and a quick set of 4 high knees)

Day 10: **December 10th** (continued)

On the Tenth day of CHRSTmas WellPath Gave to me, 10 Plank up-downs, 9 genie sits, 8 Supermans, 7 plank jacks, 6 camel poses, 5 modified side planks ($L+R=1$), 4 plank taps ($left+right=1$), 3 T-stands ($each\ side=1$), 2 Airplane Poses ($left+right=1$) and a quick set of 4 high knees)



Day 11: December 11th

On the first day of CHRISTmas WellPath gave to me, a quick set of 4 high knees (each knee = 1).

On the second day of CHRISTmas WellPath Gave to me, 2 Airplane Poses (left + right = 1) and a quick set of 4 high knees.

On the third day of CHRISTmas WellPath Gave to me, 3 T-stands (each side=1), 2 Airplane Poses (left + right = 1) and a quick set of 4 high knees.

On the fourth day of CHRISTmas WellPath Gave to me, 4 plank taps (left + right = 1) 3 T-stands (each side=1), 2 Airplane Poses (left + right = 1) and a quick set of 4 high knees.

On the fifth day of CHRISTmas WellPath Gave to me, 5 modified side planks (L+R=1), 4 plank taps (left + right = 1) 3 T-stands (each side=1), 2 Airplane Poses (left + right = 1) and a quick set of 4 high knees.

On the sixth day of CHRISTmas WellPath Gave to me, 6 camel poses, 5 modified side planks (L+R=1), 4 plank taps (left + right = 1) 3 T-stands (each side=1), 2 Airplane Poses (left + right = 1) and a quick set of 4 high knees.

On the seventh day of CHRISTmas WellPath Gave to me, 7 plank Jacks, 6 camel poses, 5 modified side planks (L+R=1), 4 plank taps (left + right = 1) 3 T-stands (each side=1), 2 Airplane Poses (left + right = 1) and a quick set of 4 high knees.

On the eighth day of CHRISTmas WellPath Gave to me, 8 Supermans, 7 plank Jacks, 6 camel poses, 5 modified side planks (L+R=1), 4 plank taps (left + right = 1) 3 T-stands (each side=1), 2 Airplane Poses (left + right = 1) and a quick set of 4 high knees.

On the ninth day of CHRISTmas WellPath Gave to me, 9 genie sits, 8 Supermans, 7 plank Jacks, 6 camel poses, 5 modified side planks (L+R=1), 4 plank taps (left + right = 1) 3 T-stands (each side=1), 2 Airplane Poses (left + right = 1) and a quick set of 4 high knees.

Day 11: December 11th (continued)

On the Tenth day of CHRSTmas WellPath Gave to me, 10 Plank up-downs, 9 genie sits, 8 Supermans, 7 plank jacks, 6 camel poses, 5 modified side planks ($L+R=1$), 4 plank taps ($left + right = 1$), 3 T-stands ($each\ side=1$), 2 Airplane Poses ($left + right = 1$) and a quick set of 4 high knees.

On the Eleventh day of CHRSTmas WellPath Gave to me, 11 bridges, 9 genie sits, 8 Supermans, 7 plank jacks, 6 camel poses, 5 modified side planks ($L+R=1$), 4 plank taps ($left + right = 1$), 3 T-stands ($each\ side=1$), 2 Airplane Poses ($left + right = 1$) and a quick set of 4 high knees.



Day 12: December 12th

On the first day of CHRISTmas WellPath gave to me, a quick set of 4 high knees (each knee = 1).

On the second day of CHRISTmas WellPath Gave to me, 2 Airplane Poses (left + right = 1) and a quick set of 4 high knees.

On the third day of CHRISTmas WellPath Gave to me, 3 T-stands (each side=1), 2 Airplane Poses (left + right = 1) and a quick set of 4 high knees.

On the fourth day of CHRISTmas WellPath Gave to me, 4 plank taps (left + right = 1) 3 T-stands (each side=1), 2 Airplane Poses (left + right = 1) and a quick set of 4 high knees.

On the fifth day of CHRISTmas WellPath Gave to me, 5 modified side planks (L+R=1), 4 plank taps (left + right = 1) 3 T-stands (each side=1), 2 Airplane Poses (left + right = 1) and a quick set of 4 high knees.

On the sixth day of CHRISTmas WellPath Gave to me, 6 camel poses, 5 modified side planks (L+R=1), 4 plank taps (left + right = 1) 3 T-stands (each side=1), 2 Airplane Poses (left + right = 1) and a quick set of 4 high knees.

On the seventh day of CHRISTmas WellPath Gave to me, 7 plank jacks, 6 camel poses, 5 modified side planks (L+R=1), 4 plank taps (left + right = 1) 3 T-stands (each side=1), 2 Airplane Poses (left + right = 1) and a quick set of 4 high knees.

On the eighth day of CHRISTmas WellPath Gave to me, 8 Supermans, 7 plank jacks, 6 camel poses, 5 modified side planks (L+R=1), 4 plank taps (left + right = 1) 3 T-stands (each side=1), 2 Airplane Poses (left + right = 1) and a quick set of 4 high knees.

On the ninth day of CHRISTmas WellPath Gave to me, 9 genie sits, 8 Supermans, 7 plank jacks, 6 camel poses, 5 modified side planks (L+R=1), 4 plank taps (left + right = 1) 3 T-stands (each side=1), 2 Airplane Poses (left + right = 1) and a quick set of 4 high knees.

Day 12: December 12th (continued)

On the Tenth day of CHRISTmas WellPath Gave to me, 10 Plank up-downs, 9 genie sits, 8 Supermans, 7 plank jacks, 6 camel poses, 5 modified side planks ($L+R=1$), 4 plank taps ($left+right=1$), 3 T-stands (each side=1), 2 Airplane Poses ($left+right=1$) and a quick set of 4 high knees.

On the Eleventh day of CHRSTmas WellPath Gave to me, 11 bridges, 9 genie sits, 8 Supermans, 7 plank jacks, 6 camel poses, 5 modified side planks (L+R=1), 4 plank taps (left + right = 1) 3 T-stands (each side=1), 2 Airplane Poses (left + right = 1) and a quick set of 4 high knees.

On the Twelfth day of CHRISTmas WellPath gave to me, 12 Disco Steps, 11 bridges, 9 genie sits, 8 Supermans, 7 plank jacks, 6 camel poses, 5 modified side planks ($L+R=1$), 4 plank taps ($left + right = 1$), 3 T-stands (each side = 1), 2 Airplane Poses ($left + right = 1$) and a quick set of 4 high knees.



Repeat Day 12 a minimum of 5 days/week in December.

December 13th: Repeat 12th Day (December 12th's workout).

December 14th: Repeat 12th Day (December 12th's workout).

December 15th: Rest or repeat 12th Day (December 12th's workout).

December 16th: Repeat 12th Day (December 12th's workout).

December 17th: Repeat 12th Day (December 12th's workout).

December 19th: Repeat 12th Day (December 12th's workout).

December 20th: Repeat 12th Day (December 12th's workout).

December 21st: Repeat 12th Day (December 12th's workout).

December 22nd: Rest or repeat 12th Day (December 12th's workout).

December 23rd: Repeat 12th Day (December 12th's workout).

December 24th: Repeat 12th Day (December 12th's workout).

December 25th: Rest or repeat 12th Day (December 12th's workout).

December 26th: Repeat 12th Day (December 12th's workout).

December 27th: Repeat 12th Day (December 12th's workout).

December 28th: Repeat 12th Day (December 12th's workout).

December 29th: Rest or repeat 12th Day (December 12th's workout).

December 30th: Repeat 12th Day (December 12th's workout).

December 31st: Repeat 12th Day (December 12th's workout).

Merry CHRISTmas and a Happy New Year: You just earned 50 WellPath Points. Visit www.wellpath.info/12-days-challenge for information about reporting and completing the post-challenge evaluation.

The Challenge: Core

Enter your exercises				Days of CHRISTmas											
Day	Exercise	Reps	Sets	1	2	3	4	5	6	7	8	9	10	11	12
1st day	High Knees	1	12	1	2	3	4	5	6	7	8	9	10	11	12
2nd day	Airplane Pose	2	11		2	4	6	8	10	12	14	16	18	20	22
3rd day	T-stand	3	10			3	6	9	12	15	18	21	24	27	30
4th day	Plank Tap	4	9				4	8	12	16	20	24	28	32	36
5th day	Modified side plank	5	8					5	10	15	15	45	30	55	40
6th day	Camel Pose	6	7						6	12	18	24	30	36	42
7th day	Plank Jacks	7	6							7	14	21	28	35	42
8th day	Superman	8	5								8	16	24	32	40
9th day	Genie Sit	9	4									9	18	27	36
10th day	Plank up-down	10	3										10	20	30
11th day	Bridges	11	2											11	22
12th day	Disco Step	12	1												12

Do exercises in order as the song 12 Days of Christmas.

On day one, do only the exercise for day one

On day two start the song over: Do the first day (exercise 1), then do the second day (exercise 2 + 1).

On day three, start the song over: Do the first day (exercise 1) then do the second day (exercise 2 + 1), then the third day (exercise 3+2+1)

On day four, start the song over: Do the first day (exercise 1) then do the second day (exercise 2 + 1), then the third day (exercise 3+2+1), then day four (exercise 4+3+2+1)

Repeat to 12 days which will doing all 12 days of exercise consecutively (or rest when you want).

Days 13 - 31, do your 12-days of CHRISTmas challenge routine 5 or more days/week.

[Click here](#) to download *The Core* routine

When you [download the tracker](#) you will see that the names of the exercises are hyperlinks to descriptions of how to do the exercises correctly. At the challenge web site you can find a list of alternative exercises if you don't like an exercise or are finding an exercise difficult.

In the Reps (repetitions) column you will see the number of times you perform each exercise, each time you do that exercise. As you progress through the song each day, you will see the number of sets and reps of each exercise increase. At the far right, in the column on the 12th Day of Christmas you see that you are performing each exercise a minimum of 12 reps and some as much as 42 reps during the routine. The whole routine should take less than 20 minutes with breaks.

Use the tracker (below) to mark off the days you exercise. You will be signing and turning in your tracker at the end of the challenge.

Enter your exercises				Days of CHRISTmas											
Day	Exercise	Reps	Sets	1	2	3	4	5	6	7	8	9	10	11	12
1st day	Pivot and Reach (each direction)	1	12	1	2	3	4	5	6	7	8	9	10	11	12
2nd day	Lateral Step Touch (left + right = 1)	2	11		2	4	6	8	10	12	14	16	18	20	22
3rd day	Front Kicks (left + right = 1)	3	10			3	6	9	12	15	18	21	24	27	30
4th day	Jabs (each hand)	4	9				4	8	12	16	20	24	28	32	36
5th day	Front Kicks w squats (left + right = 1)	5	8					5	10	15	15	45	30	55	40
6th day	Step Touch Forward/back	6	7						6	12	18	24	30	36	42
7th day	Cross Punches (each hand)	7	6							7	14	21	28	35	42
8th day	Side Kicks (flow each side)	8	5								8	16	24	32	40
9th day	Uppercuts	9	4									9	18	27	36
10th day	High-knee march (reach/pull)	10	3										10	20	30
11th day	Slayer Squats	11	2											11	22
12th day	Cross Punches (each hand)	12	1												12

Do exercises in order as the song 12 Days of Christmas.

On day one, do only the exercise for day one

On day two start the song over: Do the first day (exercise 1), then do the second day (exercise 2 + 1).

On day three, start the song over: Do the first day (exercise 1) then do the second day (exercise 2 + 1), then the third day (exercise 3+2+1)

On day four, start the song over: Do the first day (exercise 1) then do the second day (exercise 2 + 1), then the third day (exercise 3+2+1), then day four (exercise 4+3+2+1)

Repeat to 12 days which will doing all 12 days of exercise consecutively (or rest when you want).

Days 13 - 31, do your 12-days of CHRISTmas challenge routine 5 or more days/week.

Tracker: The 12-days of CHRISTmas:											
Day 1 December 1 st	Day 2 December 2 nd	Day 3 December 3 rd	Day 4 December 4 th	Day 5 December 5 th	Day 6 December 6 th	Day 7 December 7 th	Day 8 December 8 th	Day 9 December 9 th	Day 10 December 10 th	Day 11 December 11 th	Day 12 December 12 th
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Do your routine (day 12) at least 14 of the next 19 days:											
December 13	December 14	December 15	December 16	December 17	December 18	December 19	December 20	December 21	December 22	December 23	December 24
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
December 25	December 26	December 27	December 28	December 29	December 30	December 31	January 1	January 2	January 3	January 4	January 5
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

My signature below testifies that I successfully completed the 30 day, 12 days of CHRISTmas Challenge as indicated on this tracker.

x _____