Enter your exercises

Day	Exercise	Reps	Sets	Days of CHRISTmas											
				1	2	3	4	5	6	7	8	9	10	11	12
1st day		1	12	1	2	3	4	5	6	7	8	9	10	11	12
2nd day		2	11		2	4	6	8	10	12	14	16	18	20	22
3rd day		3	10			3	6	9	12	15	18	21	24	27	30
4th day		4	9				4	8	12	16	20	24	28	32	36
5th day		5	8					5	10	15	15	45	30	55	40
6th day		6	7						6	12	18	24	30	36	42
7th day		7	6							7	14	21	28	35	42
8th day		8	5								8	16	24	32	40
9th day		9	4									9	18	27	36
10th day		2	3										2	4	6
11th day		11	2											11	22
12th day		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 (exercise4+3+2+1)
Repeat to 12 days at which time we will be doing all 12 days of exercise consecutively in one session (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 2nd	Day 2 December 3rd	Day 3 December 4th	Day 4 December 5th	Day 5 December 6th	Day 6 December 7th	Day 7 December 8th

Day 8 December 9th	Day 9 December 10th	Day 10 December 11th	Day 11 December 12th	Day 12 December 13th

Do your routine (Day 12) at least 15 of the next 19 days:

December 14th	December 15th	December 16th	December 17th	December 18th	December 19th	December 20th

December 21st	December 22nd	December 23rd	December 24th	December 25th	December 26th	December 27th

December 28th	December 29th	December 30th	December 31st	January 1st	Happy New Year!

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

x _____