Piggy Pact

30 Days Strong

Work out 3 times a week for 4 weeks. Back each other, and put something on it.

Us: _____ & _____ **If we both finish:** _____

What counts

- Gym, a class, a run, a home workout
- At least 20 minutes
- Rest days are part of the plan
- Sick? It doesn't count against you

Week 1	____ ○	○	○
	____ ○	○	○
Week 2	____ ○	○	○
	____ ○	○	○
Week 3	____ ○	○	○
	____ ○	○	○
Week 4	____ ○	○	○
	____ ○	○	○

Our pledge (what we'll put toward each other's goals): _____

Doing it on your phones? There's a free app for that.

Check in each day, cheer each other on, and watch your savings go to a goal you share.

piggypact.com/c/gym-3x