



**This month is all about you taking action, moving your body regularly and increasing your cardiovascular fitness!**

This challenge has been designed progressively, meaning each week will build upon the last to achieve results across the month. You'll see there are four full workouts to tick off each week, step goals as well as weekly run/walks.

If you have any questions along the way please feel free to reach out to us - we love hearing from you!

Before you get started please tick off the checklist and read over the FAQs!

**Cardio - Testing - Optional**

If you are wanting to track your progress below is a simple test you can complete at the start of the challenge and again at the end.

Complete 3km as quickly as you can. Run/walk your way around a 3km loop and see how long it takes you. Repeat this again at the end of the challenge with the aim of beating your pre-challenge time.

**Share your journey with us**

We would love to see you taking action this April! Share your journey with us by tagging @shemovesnz on Instagram Stories. We love to put faces to names, see your workout set ups, plus you never know who you might inspire by sharing your journey!

**FAQ's**

**Where do I get access to the challenge workouts?**  
 You'll need to have joined the private members only Facebook group 'Make Your Move' there would have been instructions on your welcome email on how to do this. If you are having trouble please email admin@she-moves.co.nz


**How do I access a LIVE workout?**  
 Just come to the Facebook group at the time of the live class, refresh the page and the trainer will be waiting for you.

**I can't make the live workout times, can I do them at another time?**  
 Yes! All the workouts are saved inside the community and you can go back and do them anytime that works for you.

**How do I access a replay workout?**  
 Clicking the 'Featured' tab within the community will bring up the latest workouts delivered over the past 2 weeks. Alternatively, use the search bar.

**How can I track my run/walks?**  
 Most Smartphones have apps you can download to track your runs/walk/daily step counts. This is a great way to track your progress. You could even pair up with a buddy and encourage each other to tick your sessions off each week!

**Additional running guidance?**  
 If you are wanting to really challenge yourself in this challenge there is the opportunity to purchase one of our run programmes to use alongside this tracker. This will give you more detailed run workouts to increase your speed and endurance. These also have information ensuring you and your pelvic floor are ready to be pounding the pavement. [Click here for information.](#)

Take Action April - Checklist 

Tracker Printed

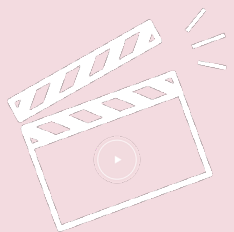
Tracker plastered on the fridge

Attend Take Action April Challenge Live chat:

Thursday 28th of March 7:30pm

Workout spot and walk/run shoes ready to go





<p><b>01</b> Today's workout... <b>She Strengthens - Core &amp; Mobility replay</b></p> <p>Post workout feels... Are you... <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/></p> <p>Step count <input checked="" type="checkbox"/></p>	<p><b>02</b> Today's workout... <b>She Tones - Low Impact Live 6:10am</b></p> <p>Post workout feels... Are you... <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Step count <input type="checkbox"/></p>	<p><b>03</b> Today's workout... <b>Walk/run 15 mins</b></p> <p>Post workout feels... Are you... <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Step count <input type="checkbox"/></p>	<p><b>04</b> Today's workout... <b>Rest Day</b></p> <p>Post workout feels... Are you... <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Step count <input type="checkbox"/></p>	<p><b>05</b> Today's workout... <b>She Tones - Low Impact Live 6:10am</b></p> <p>Post workout feels... Are you... <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Step count <input type="checkbox"/></p>	<p><b>06</b> Today's workout... <b>She Flows - Stretch replay</b></p> <p>Post workout feels... Are you... <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Step count <input type="checkbox"/></p>	<p><b>07</b> Today's workout... <b>Walk/run 15 mins or optional rest day</b></p> <p>Post workout feels... Are you... <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Step count <input type="checkbox"/></p>
<p><b>08</b> Today's workout... <b>She Lengthens - Pilates replay</b></p> <p>Post workout feels... Are you... <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Step count <input type="checkbox"/></p>	<p><b>09</b> Today's workout... <b>She Tones - Low Impact Live 6:10am</b></p> <p>Post workout feels... Are you... <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Step count <input type="checkbox"/></p>	<p><b>10</b> Today's workout... <b>Walk/run 20 mins</b></p> <p>Post workout feels... Are you... <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Step count <input type="checkbox"/></p>	<p><b>11</b> Today's workout... <b>She Strengthens - Core &amp; Mobility Live 10am</b></p> <p>Post workout feels... Are you... <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Step count <input type="checkbox"/></p>	<p><b>12</b> Today's workout... <b>Rest Day</b></p> <p>Post workout feels... Are you... <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Step count <input type="checkbox"/></p>	<p><b>13</b> Today's workout... <b>She Tones - Low Impact replay</b></p> <p>Post workout feels... Are you... <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Step count <input type="checkbox"/></p>	<p><b>14</b> Today's workout... <b>Walk/run 20 mins or optional rest day</b></p> <p>Post workout feels... Are you... <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Step count <input type="checkbox"/></p>
<p><b>15</b> Today's workout... <b>She Flow - Stretch replay</b></p> <p>Post workout feels... Are you... <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Step count <input type="checkbox"/></p>	<p><b>16</b> Today's workout... <b>She Tones - Low Impact Live 6:10am</b></p> <p>Post workout feels... Are you... <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Step count <input type="checkbox"/></p>	<p><b>17</b> Today's workout... <b>Walk/run 25 mins</b></p> <p>Post workout feels... Are you... <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Step count <input type="checkbox"/></p>	<p><b>18</b> Today's workout... <b>She Lengthens - Pilates Live 6:10am</b></p> <p>Post workout feels... Are you... <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Step count <input type="checkbox"/></p>	<p><b>19</b> Today's workout... <b>Rest Day</b></p> <p>Post workout feels... Are you... <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Step count <input type="checkbox"/></p>	<p><b>20</b> Today's workout... <b>She Tones - Low Impact replay</b></p> <p>Post workout feels... Are you... <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Step count <input type="checkbox"/></p>	<p><b>21</b> Today's workout... <b>Walk/run 25 mins or optional rest day</b></p> <p>Post workout feels... Are you... <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Step count <input type="checkbox"/></p>
<p><b>22</b> Today's workout... <b>She Strengthens - Core &amp; Mobility replay</b></p> <p>Post workout feels... Are you... <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Step count <input type="checkbox"/></p>	<p><b>23</b> Today's workout... <b>She Explodes - HIIT Live 7pm</b></p> <p>Post workout feels... Are you... <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Step count <input type="checkbox"/></p>	<p><b>24</b> Today's workout... <b>Rest Day</b></p> <p>Post workout feels... Are you... <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Step count <input type="checkbox"/></p>	<p><b>25</b> Today's workout... <b>Walk/run 30 mins</b></p> <p>Post workout feels... Are you... <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Step count <input type="checkbox"/></p>	<p><b>26</b> Today's workout... <b>She Tones - Low Impact Live 6:10am</b></p> <p>Post workout feels... Are you... <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Step count <input type="checkbox"/></p>	<p><b>27</b> Today's workout... <b>She Flows - Stretch replay</b></p> <p>Post workout feels... Are you... <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Step count <input type="checkbox"/></p>	<p><b>28</b> Today's workout... <b>Walk/run 30 mins or optional rest day</b></p> <p>Post workout feels... Are you... <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Step count <input type="checkbox"/></p>
<p><b>29</b> Today's workout... <b>She Explodes - HIIT replay</b></p> <p>Post workout feels... Are you... <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Step count <input type="checkbox"/></p>	<p><b>30</b> Today's workout... <b>She Flows - Stretch replay</b></p> <p>Post workout feels... Are you... <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Step count <input type="checkbox"/></p>	<p>We encourage you to create a daily step goal to help you increase incidental movement.</p> <p>My Daily Step Goal: <input type="text"/></p> <p>Pre/Post testing:</p> <p>Optional pre -testing results: I completed 3km in: <input type="text"/></p> <p>Optional post -testing results: I completed 3km in: <input type="text"/></p>				