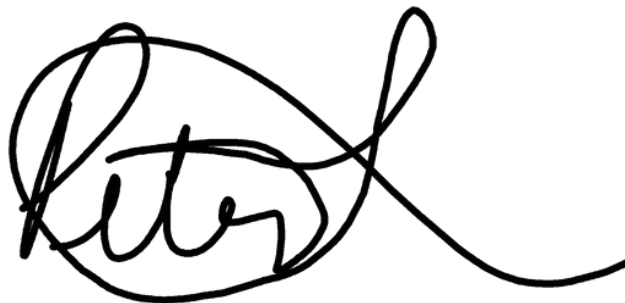


Rise, Thrive & Live Strong in 2025!

21-Day Wake Up & Workout Challenge Log

Created by Peter Liciaga

A stylized, handwritten signature in black ink, appearing to read 'Peter', with a long, sweeping horizontal line extending to the right.

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21-Day Wake Up & Workout Challenge Log

Day 1

Exercise	Reps/Seconds	Set 1	Set 2	Set 3
Good Mornings	10 reps	☐	☐	☐
Push-Ups	10 reps	☐	☐	☐

Motivational Message: Get up and work out before your brain figures out what's happening!

Day 2

Exercise	Reps/Seconds	Set 1	Set 2	Set 3
Bicep Curls	30 seconds	☐	☐	☐
Crunches	30 seconds	☐	☐	☐

Motivational Message: Get up an hour early and live an hour more!

Day 3

Exercise	Reps/Seconds	Set 1	Set 2	Set 3
Reverse Lunges	10 reps (each leg)	☐	☐	☐
Plank	30 seconds	☐	☐	☐

Motivational Message: Strength doesn't come from what you CAN do-it comes from overcoming things you thought you couldn't!

21-Day Wake Up & Workout Challenge Log

Day 4

Exercise	Reps/Seconds	Set 1	Set 2	Set 3
Squats	10 reps	☐	☐	☐
Shoulder Presses	10 reps	☐	☐	☐

Motivational Message: Set a goal that makes you want to jump out of bed!

Day 5

Exercise	Reps/Seconds	Set 1	Set 2	Set 3
Jumping Jacks	10 reps	☐	☐	☐
Russian Twists	10 reps	☐	☐	☐

Motivational Message: Morning workouts burn more calories and set your body up for success!

Day 6

Exercise	Reps/Seconds	Set 1	Set 2	Set 3
Side Lunges	10 reps (each leg)	☐	☐	☐
Bicycles	10 reps	☐	☐	☐

Motivational Message: Will it be easy? No. Will it be worth it? Absolutely!

21-Day Wake Up & Workout Challenge Log

Day 7

Exercise	Reps/Seconds	Set 1	Set 2	Set 3
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Motivational Message:

Reflection:

- How was your sleep and energy this week?
- Write down one thing you're grateful for.

Day 8

Exercise	Reps/Seconds	Set 1	Set 2	Set 3
Good Mornings	15 reps	[]	[]	[]
Push-Ups	15 reps	[]	[]	[]

Motivational Message: Go to bed with a desire to succeed. Wake up ready to give what it takes!

Day 9

Exercise	Reps/Seconds	Set 1	Set 2	Set 3
Bicep Curls	15 reps	[]	[]	[]
Crunches	15 reps	[]	[]	[]

Motivational Message: Wake up and be awesome today!

21-Day Wake Up & Workout Challenge Log

Day 10

Exercise	Reps/Seconds	Set 1	Set 2	Set 3
Reverse Lunges	16 reps (8 each leg)	☐	☐	☐
Plank	45 seconds	☐	☐	☐

Motivational Message: Your morning sets the tone for your day!

Day 11

Exercise	Reps/Seconds	Set 1	Set 2	Set 3
Squats	15 reps	☐	☐	☐
Shoulder Presses	15 reps	☐	☐	☐

Motivational Message: Success comes to those who defeat their snooze button!

Day 12

Exercise	Reps/Seconds	Set 1	Set 2	Set 3
Jumping Jacks	15 reps	☐	☐	☐
Russian Twists	15 reps	☐	☐	☐

Motivational Message: Give up who you've been for who you can become!

21-Day Wake Up & Workout Challenge Log

Day 13

Exercise	Reps/Seconds	Set 1	Set 2	Set 3
Side Lunges	16 reps (8 each leg)	☐	☐	☐
Bicycles	16 reps	☐	☐	☐

Motivational Message: You will get more compliments for working out than for sleeping in!

Day 14

Exercise	Reps/Seconds	Set 1	Set 2	Set 3
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Motivational Message:

Reflection:

- How was your sleep and energy this week?
- Write down one thing you're grateful for.

Day 15

Exercise	Reps/Seconds	Set 1	Set 2	Set 3
Good Mornings	20 reps	☐	☐	☐
Push-Ups	20 reps	☐	☐	☐

Motivational Message: Good habits are as addictive as bad ones-but much more rewarding!

21-Day Wake Up & Workout Challenge Log

Day 16

Exercise	Reps/Seconds	Set 1	Set 2	Set 3
Bicep Curls	20 reps	☐	☐	☐
Crunches	20 reps	☐	☐	☐

Motivational Message: To make your dreams come true, wake up!

Day 17

Exercise	Reps/Seconds	Set 1	Set 2	Set 3
Reverse Lunges	20 reps (10 each leg)	☐	☐	☐
Plank	60 seconds	☐	☐	☐

Motivational Message: Wake up with the thought that something wonderful will happen!

Day 18

Exercise	Reps/Seconds	Set 1	Set 2	Set 3
Squats	20 reps	☐	☐	☐
Shoulder Presses	20 reps	☐	☐	☐

Motivational Message: Own your morning. Own your life!

21-Day Wake Up & Workout Challenge Log

Day 19

Exercise	Reps/Seconds	Set 1	Set 2	Set 3
Jumping Jacks	20 reps	☐	☐	☐
Russian Twists	20 reps	☐	☐	☐

Motivational Message: If it doesn't challenge you, it won't change you!

Day 20

Exercise	Reps/Seconds	Set 1	Set 2	Set 3
Side Lunges	20 reps (10 each leg)	☐	☐	☐
Bicycles	20 reps	☐	☐	☐

Motivational Message: Wake up determined, go to bed satisfied!

21-Day Wake Up & Workout Challenge Log

Day 21

Exercise	Reps/Seconds	Set 1	Set 2	Set 3
Good Mornings	10 reps	☐	☐	☐
Push-Ups	10 reps	☐	☐	☐
Bicep Curls	10 reps	☐	☐	☐
Crunches	10 reps	☐	☐	☐
Lunges	10 reps (each leg)	☐	☐	☐
Plank	60 seconds	☐	☐	☐
Squats	10 reps	☐	☐	☐
Shoulder Presses	10 reps	☐	☐	☐
Jumping Jacks	10 reps	☐	☐	☐
Russian Twists	10 reps	☐	☐	☐

Motivational Message: It's easier to wake up early and work out than to look in the mirror and not like what you see.

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