

FITNESS FOR SURFERS

TWO-A-DAY REWARD PLANNER

'YOU'RE NOT THE LOSER EVERYONE THINKS YOU ARE.' -ANON
#MOTIVATIONALQUOTES



DAY
01

DAY
02

DAY
03

DAY
04

DAY
05

DAY
06

DAY
07

ACTIVITIES

- 1)
- 2)

ACTIVITIES

- 1)
- 2)

ACTIVITIES

- 1)
- 2)

ACTIVITIES

- 1)
- 2)

ACTIVITIES

- 1)
- 2)

ACTIVITIES

- 1)
- 2)

ACTIVITIES

- 1)
- 2)

MAYBE SOMETHING LIKE:

- 1) Run
- 2) Surf or Swim

MAYBE SOMETHING LIKE:

- 1) Weights
- 2) Surf or Wildcard*

MAYBE SOMETHING LIKE:

- 1) Yoga
- 2) Surf or Run

MAYBE SOMETHING LIKE:

- 1) Run
- 2) Gym

MAYBE SOMETHING LIKE:

- 1) Run
- 2) Surf

MAYBE SOMETHING LIKE:

- 1) Gym
- 2) Surf or Yoga

MAYBE SOMETHING LIKE:

- 1) Wildcard*
- 2) Surf

DID IT? TICK IT.

DID IT AGAIN?

ARE YOU LYING?

WE'LL KNOW

OK, OK,

WE BELIEVE YOU

YOU'RE A HERO

REWARD TIME

Maybe that little chocolate Santa at the back of the cupboard your daughter forgot about.

REWARD TIME

Healthy Burger - like, with lettuce & tomatoes.

REWARD TIME

Wine Wednesday is a thing right? Or some other non-alcohol related indulgence.

REWARD TIME

Takeaway Dinner.

REWARD TIME

You're alive right? That should be enough, jeez.

REWARD TIME

Booze or some other non-alcohol related indulgence.

REWARD TIME

Should sex be a reward? If so, we feel like it should be included in this more...