

January 2026

Jump Into January with your Daily Workout & Eating Habits



Center for Health & Fitness

A Public Agency

A Beach Cities Health District Program

Jump into January with this quick daily fitness + nutrition challenge—simple moves and small habits to build consistency all month. Need modifications or a plan tailored to you? Ask a CHF Personal Trainer.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 10 squats, 10 lunges, 20 second plank, cut out sweets	2 10 push-ups, 10 rows, 10 lateral raises, eat a whole-food plant-based diet today	3 1-minute wall sit, 30 calf raises, 30 high knees, go low carbs
4 30 minutes of Cardio - your choice, stay hydrated	5 1-minute burpees, 1-minute mountain climbers, 10 Russian twists, Meatless Monday	6 10 squats, 10 lunges, 20 second plank, cut out sweets	7 10 push-ups, 10 rows, 10 lateral raises, color your plate with veggies	8 1-minute wall sit, 30 calf raises, 30 high knees, cut out sweets	9 1-minute burpees, 1-minute mountain climbers, 10 Russian twists, eat a whole-food plant-based diet today	10 15 squats, 15 lunges, 30 second plank, color your plate with veggies
11 15 push-ups, 15 rows, 15 lateral raises, go low carbs	12 1.5 minute wall sit, 40 calf raises, 40 high knees, Meatless Monday	13 1.5 minute burpees, 1.5 minute mountain climbers, 15 Russian twists, cut out sweets	14 30 minutes of Cardio - your choice, stay hydrated	15 15 squats, 15 lunges, 30 second plank, cut out sweets	16 15 push-ups, 15 rows, 15 lateral raises, color your plate with veggies	17 1.5 minute wall sit, 40 calf raises, 40 high knees, go low carbs
18 1.5 minute burpees, 1.5 minute mountain climbers, 15 Russian twists, eat a whole-food plant-based diet today	19 20 squats, 20 lunges, 40 second plank, Meatless Monday	20 20 push-ups, 20 rows, 20 lateral raises, cut out sweets	21 2 minute wall sit, 45 calf raises, 45 high knees, color your plate with veggies	22 2 minute burpees, 2 minute mountain climbers, 20 Russian twists, cut out sweets	23 30 minutes of Cardio - your choice, stay hydrated	24 20 squats, 20 lunges, 40 second plank, eat a whole-food plant-based diet today
25 20 push-ups, 20 rows, 20 lateral raises, go low carbs	26 2 minute wall sit, 45 calf raises, 45 high knees, Meatless Monday	27 2 minute burpees, 2 minute mountain climbers 20 Russian twists, cut out sweets	28 30 minutes of Cardio - your choice, stay hydrated	29 1 minute of: squats, lunges, plank, push-ups, rows, lateral raises, cut out sweets	30 1 minute of: burpees, mountain climbers, Russian twists, wall sit, calf raises, high knees, color your plate with veggies	31 1 minute of: planks, Russian twists, side planks (each side), crunches, go low carbs

Visit www.beachcitiesgym.com/challenge for more information on these exercises.