

the
GYM T^{IN}

MY HEALTHIEST YEAR

EVER

[Signature]

2024
YEAR PLANNER

JAN

5k steps EVERY day or jog
START STRONG - Bootcamp EVERY week

FEB

10 press-ups EVERY day
Bootcamp EVERY week
Recover your body and book a sports
massage by emailing info@thegymtin.com

MAR

15 lunges EVERY day
24th Bournemouth Bay Run - half marathon

APR

1 minute wall sit EVERY day
21st Virtual London Marathon (get an actual
London Marathon as we walk the Jurassic
Coast together)

MAY

14 burpees EVERY day
5th IOW Randonnee Road Cycling 100km or 55km
14th Rob's birthday 😊
18th The Oakhaven Walk - 26, 14 or 8 mile walks

JUN

12 sit-ups EVERY day
8th Dragon Boat Race in aid of SFHT
Recover your body and book a sports massage
by emailing info@thegymtin.com

JUL

90 seconds plank hold EVERY day
Get beach ready - Bootcamp EVERY week

AUG

2km walk or jog EVERY day outside
10th Salty Sea Dog triathlon

SEP

10 slow squats EVERY day

Recover your body with a sports massage

OCT

1 minute mountain climbers EVERY day

12th Run Bournemouth

19th Great South Run

NOV

12 side lunges EVERY day

Bransgore firework social

DEC

25 star jumps EVERY day (even Christmas Day)

Get ready for Christmas - virtual 12 days of Christmas online challenge

3km Oakhaven Santa Dash Lymington

ATTENTION

: For Bootcamp dates and location visit TheGymTin.com
For tutorial videos on how to do each month's featured exercise visit TheGymTin.com

Message from Rob:

Challenge yourself to complete as many months of exercises as possible. Each time you complete a month promote this on your social media.

If 100 people take part and raise €100, each charity will receive €5k each by the end of the year!

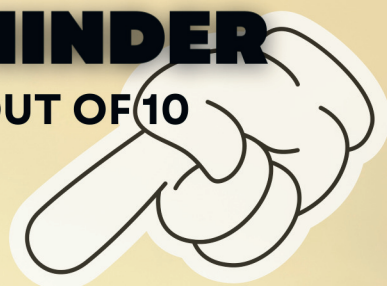
Rob Mangles

the
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WEEKLY REMINDER

SCORE & RECORD OUT OF 10



WATER



2 litres consumed

NUTRITION



Natural whole food home cooked - 21 meals a week planned in advance

MOVEMENT



10k steps - stretching - exercise

GIVING



Things I do for myself and others i.e. gratitude & kindness - minimum 5

SLEEP



7-9 hours of quality sleep



Creative & design by Tim Coe of AttitudeCharter.com



HELP RAISE MONEY FOR LOCAL CHARITIES WITH THE GYM TIN

All kind donations will be split 50/50 between these two incredible local causes.



Supporting people
with learning
disabilities in
Hampshire & Dorset

Charity no. 1093672



Scan the QR code to donate
or visit

<https://donate.giveasyoulive.com/fundraising/the-gym-tin-my-healthiest-year-ever>



Care for people
& their families who
are living with a life-
limiting condition

Charity no. 900215