

APRIL FOLLOWS !! 2026

MON	TUE	WED	THU	FRI	SAT	SUN
		1	2	3	4	5
				GOOD FRIDAY		
6	7	8	9	10	11	12
EASTER SUNDAY						
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Note: Use the above calendar to track your progress.



RULES TO PLAY

IDR:

- Exercise or habit form for separate 6 days streaks; earn points; spend points.

LONGER EXPLANATION

- Pick one exercise and/or one health habits from the lists below to complete as a **streak of 6 days long** (don't miss a day) with the 7th being a rest/free/cheat day (skip this day) - *7 day streaks don't count, you must take a break after your 6-day streak for it to count!*
- Earn **Bualadh Bos*** points for **EACH** streak (of **6** days) within the month of April (5 possible).

**Bualadh Bos points can be spent on bootcamps, personal training, discounts on plans, or towards merchandise and products sold by KBSC. Find your points by logging into your profile at <https://www.killaloeballinastrengthclub.com/>*

PICK 1 EXERCISE**	<input checked="" type="checkbox"/>
100 SQUATS OR 50/50 LUNGES	<input type="checkbox"/>
100 STARFISH CRUNCH OR 100 REACH BACKS	<input type="checkbox"/>
50 PRESSUPS OR 10 PULLUPS	<input type="checkbox"/>
2 MINUTE COMBINED PLANK (LOW, HIGH, AND SIDE)	<input type="checkbox"/>
100 KETTLEBELL SWINGS (ONLY IF TRAINED/APPROVED BY KBSC!) OR SLAMBALL SLAMS	<input type="checkbox"/>
2 MINUTE DEAD-HANG OR 2 MINUTE WALL SIT	<input type="checkbox"/>
WALK WITH A WEIGHTED VEST (10-15% OF BODYWEIGHT)	<input type="checkbox"/>

PICK 1 HABIT**	<input checked="" type="checkbox"/>
DRINK 2L OF WATER	<input type="checkbox"/>
BEGIN YOUR DAY DRINKING 500ML OF WATER	<input type="checkbox"/>
2+ MINUTE COLD PLUNGE (<10°)	<input type="checkbox"/>
5-10 MINUTES MOBILITY OR STRETCHING	<input type="checkbox"/>
5-10 MINUTES MEDITATION OR BREATH-WORK	<input type="checkbox"/>
PRIORITISE PROTEIN & FIBRE THEN FATS AND LASTLY, CARBS AT EACH MEAL	<input type="checkbox"/>
EAT PROTEIN & FIBRE BEFORE YOUR MORNING COFFEE/TEA	<input type="checkbox"/>
SLEEP 7+ HOURS (NAPS HELP!)	<input type="checkbox"/>

**** NOTE:** Exercise & habit reps/amounts are cumulative throughout the day, not necessarily in one go. Take fitness/habit breaks.

