

🐾 Welcome to the Fit & Furry 5-Day Challenge! 🐾



We're thrilled you're here! This 5-day challenge was created for dog lovers who want to get stronger, feel good, and give back — all while bonding with their pup.

Here's how it works:

- ✓ Each day, complete a fun, dog-friendly workout
- ✓ Track your Paw Points: +10 for doing the challenge, +5 for posting with #MaxsMuttsMove
- ✓ Feel the love — this challenge supports rescue advocacy through movement

Tag us on Instagram @maxsmutts and share your story!

The Fit & Furry 5-Day Challenge

Get Fit, Have Fun, and Make a Difference With Your Dog!

Record and Tag your journey using #MaxsMuttsMove
to join the
Dog Pound Private Community!

Day 1: 1 Mile Monday

Take a brisk 1-mile walk or jog with your dog. Use this time to bond, breathe deeply, and set your week's intention.

✅ Bonus Tip: Snap a pic with your pup and share on social using #MaxsMuttsMove!

🏆 Paw Points: Track your effort each day to unlock rewards and good feels.

Day 2: Tail-Wagging Tabata

Do 4 rounds of 20 seconds of movement + 10 seconds rest. Try squats, lunges, jumping jacks — let your dog be your coach!

✅ Bonus Tip: Snap a pic with your pup and share on social using #MaxsMuttsMove!

🏆 Paw Points: Track your effort each day to unlock rewards and good feels.

Day 3: Woof & Wind Down

Stretch it out. Try a 10-minute yoga flow next to your pup. Reward them (and yourself) with calm energy and snuggles.

✅ Bonus Tip: Snap a pic with your pup and share on social using #MaxsMuttsMove!

🏆 Paw Points: Track your effort each day to unlock rewards and good feels.

Day 3: Woof & Wind Down

Do a circuit of 10 reps each: push-ups, sit-ups, dog-to-high-fives. End with a gratitude moment for the animals you're helping.

✅ Bonus Tip: Snap a pic with your pup and share on social using #MaxsMuttsMove!

🏆 Paw Points: Track your effort each day to unlock rewards and good feels.

Day 5: Furry Finish Line

Celebrate with a 20-minute adventure: a trail, a beach, or a new neighborhood route. Post your progress and share the cause!

✅ Bonus Tip: Snap a pic with your pup and share on social using #MaxsMuttsMove!

🏆 Paw Points: Track your effort each day to unlock rewards and good feels.

You Did It!

You've completed all 5 days of movement with your pup – and hopefully, felt the joy of moving with purpose!

What's next?

- ✓ Celebrate by posting your progress with #MaxsMuttsMove
- ✓ Download our full 30-day Lift for Lives Journal
- ✓ Join the Max's Mutts online community and connect with others lifting with love
- ✓ Treat yourself and your dog with mission-inspired apparel at our Etsy shop

Stay strong. Stay kind. And keep lifting lives. ❤️