



## 30-Day Full-Body Fitness Challenge

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Challenger Choice!	100 Push-Ups	100 Squats	100 Crunches	100 Push-Ups	100 Squats	100 Crunches
—  Rest: Yes / No Repeat: _____ Time Test: _____	—  Type: _____ # Reps: _____ # Sets: _____	—  Get Ready to Get Strong! Type: _____ # Reps: _____ # Sets: _____	—  Type: _____ # Reps: _____ # Sets: _____	—  Grab a friend and get started! Type: _____ # Reps: _____ # Sets: _____	—  Type: _____ # Reps: _____ # Sets: _____	—  Picture a Flat Tummy This Summer!! Type: _____ # Reps: _____ # Sets: _____
—  Do What Your Body Needs, not what it wants. Rest: Yes / No Repeat: _____ Time Test: _____	—  Fit Tip: set small goals with rewards. How are you celebrating when you move up levels? Type: _____ # Reps: _____ # Sets: _____	—  Type: _____ # Reps: _____ # Sets: _____	—  Who have you inspired? Type: _____ # Reps: _____ # Sets: _____	—  Type: _____ # Reps: _____ # Sets: _____	—  Was it easier this week? Type: _____ # Reps: _____ # Sets: _____	—  Type: _____ # Reps: _____ # Sets: _____
—  Really look at your body, look better than 3 weeks ago? Rest: Yes / No Repeat: _____ Time Test: _____	—  Type: _____ # Reps: _____ # Sets: _____	—  POST SOMETHING FUN ON FB! Type: _____ # Reps: _____ # Sets: _____	—  What are you most looking forward to? Type: _____ # Reps: _____ # Sets: _____	—  Type: _____ # Reps: _____ # Sets: _____	—  Fit Tip: Brag about your results! Inspire someone! Type: _____ # Reps: _____ # Sets: _____	—  Did you try a new crunch today? Type: _____ # Reps: _____ # Sets: _____
—  How many more reps did you do today than when you started? Rest: Yes / No Repeat: _____ Time Test: _____	—  Type: _____ # Reps: _____ # Sets: _____	—  Type: _____ # Reps: _____ # Sets: _____	—  What are you working for? Type: _____ # Reps: _____ # Sets: _____	—  Type: _____ # Reps: _____ # Sets: _____	—  How much did improve this month? Post your results! Type: _____ # Reps: _____ # Sets: _____	—  Type: _____ # Reps: _____ # Sets: _____
—  Just do it – you're almost done! Rest: Yes / No Repeat: _____ Time Test: _____	—  Type: _____ # Reps: _____ # Sets: _____	—  Type: _____ # Reps: _____ # Sets: _____	—  Are you stronger? Type: _____ # Reps: _____ # Sets: _____	—  Type: _____ # Reps: _____ # Sets: _____	—  Are you fitter? Type: _____ # Reps: _____ # Sets: _____	—  Type: _____ # Reps: _____ # Sets: _____

You Can Do Anything You Think You Can!

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