



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

**You Can Do Anything You Think You Can!**

www.FaceBook.com/30DayChallengeSeries or www.FatDrinkandbeSkinny.com for More Inspiration!