



30-Day Cardio Challenge:

Burpees + Bicycle Crunches + Jump Squats + Ski Jumps + Mountain Climbers + Happy Thoughts

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Measurements: Resting Heart Rate: ___ Weight: ___ Interval @ Start: ___ Interval Length per exercise: ___	<i>What are you happy about today?</i> Interval per exercise: ___ ☺ Thought: _____	REMEMBER TO TAKE A BEFORE PICTURE Interval per exercise: ___ ☺ Thought: _____	___ Interval per exercise: ___ ☺ Thought: _____	<i>Fit Tip: Enlist support and make it public! Telling folks about your goals increases your chances of success!</i> Interval per exercise: ___ ☺ Thought: _____	___ Interval per exercise: ___ ☺ Thought: _____	Post on FB why you are doing this challenge! Interval per exercise: ___ ☺ Thought: _____
Feeling Stronger? Interval per exercise: ___ ☺ Thought: _____	___ Interval per exercise: ___ ☺ Thought: _____	<i>What are you most proud of? Be in an inspiration and post it on FB!</i> Interval per exercise: ___ ☺ Thought: _____	___ Interval per exercise: ___ ☺ Thought: _____	<i>It may hurt a little now, but way less than heart disease later!</i> Interval per exercise: ___ ☺ Thought: _____	___ Interval per exercise: ___ ☺ Thought: _____	Remember other exercises will improve your times too! Interval per exercise: ___ ☺ Thought: _____
___ Interval per exercise: ___ ☺ Thought: _____	<i>Fit Tip: set small goals with rewards. How are you rewarding yourself for all your hard work?</i> Interval per exercise: ___ ☺ Thought: _____	___ Interval per exercise: ___ ☺ Thought: _____	<i>Who inspires you every day? Make their day and tell them!</i> Interval per exercise: ___ ☺ Thought: _____	What's motivating you today? Interval per exercise: ___ ☺ Thought: _____	___ Interval per exercise: ___ ☺ Thought: _____	How's that body looking? How's the heart pumping? Interval per exercise: ___ ☺ Thought: _____
Really look at your abs. look better than 3 weeks ago? Interval per exercise: ___ ☺ Thought: _____	___ Interval per exercise: ___ ☺ Thought: _____	POST SOMETHING FUN ON FB! Interval per exercise: ___ ☺ Thought: _____	What are you most looking forward to? Interval per exercise: ___ ☺ Thought: _____	___ Interval per exercise: ___ ☺ Thought: _____	<i>Fit Tip: Brag about your results! Inspire someone!</i> Interval per exercise: ___ ☺ Thought: _____	___ Interval per exercise: ___ ☺ Thought: _____
Measurements: Resting Heart Rate: ___ Weight: ___ Interval @ Start: ___ Interval per exercise: ___ ☺ Thought: _____	<i>Just do it - you're almost done!</i> Interval per exercise: ___ ☺ Thought: _____	Who have you helped make happy today? Interval per exercise: ___ ☺ Thought: _____	What are you working for? Interval per exercise: ___ ☺ Thought: _____	___ Interval per exercise: ___ ☺ Thought: _____	How much did improve this month? Post our final results! Interval per exercise: ___ ☺ Thought: _____	Final Picture - How does it look? Interval per exercise: ___ ☺ Thought: _____

YOU CAN DO ANYTHING YOU THINK YOU CAN!

For regular motivation, support, inspiration visit www.facebook.com/30daychallengeseries