



30 Day Arms Challenge: Mon, Wed, Fri = 100 Pushups AND Tue, Thur, Sat = 50 Triceps Pushups + 50 Triceps Dips

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
— Move a Mile (At Least): How far did you go? _____	— Flex those arms today, and get ready to watch them transform! <input type="checkbox"/> 100 Regular PU	— TAKE A PICTURE OF TRICEP DIP BENCH & POST ON FaceBook! <input type="checkbox"/> 50 Tri PU + 50 Dips	— Fit Tip: Enlist support and make it public! Telling folks about your goals increases your chances of success! <input type="checkbox"/> 100 Regular PU	— Remember, get RID of the JIG this month! <input type="checkbox"/> 50 Tri PU + 50 Dips	— <input type="checkbox"/> 100 Regular PU	— Got a bounce in your dip yet? <input type="checkbox"/> 50 Tri PU + 50 Dips
— Move a Mile (At Least): How far did you go? _____	— Fit Tip: set small goals with rewards. After you do 500 pushups, how will you celebrate? What about 1000? <input type="checkbox"/> 100 Regular PU	— <input type="checkbox"/> 50 Tri PU + 50 Dips	— What are you most proud of? <input type="checkbox"/> 100 Regular PU	— <input type="checkbox"/> 50 Tri PU + 50 Dips	— What made you to drop and do your 100 today? <input type="checkbox"/> 100 Regular PU	— POST A FUN PIC ON FB! <input type="checkbox"/> 50 Tri PU + 50 Dips
— Move a Mile (At Least): How far did you go? _____	— POST A FUN PIC ON FB! <input type="checkbox"/> 100 Regular PU	— <input type="checkbox"/> 50 Tri PU + 50 Dips	— Fit Tip: Grab a friend and have them do your pushups with you! Way more fun! <input type="checkbox"/> 100 Regular PU	— What's motivating you today? <input type="checkbox"/> 50 Tri PU + 50 Dips	— Can you do more pushups in 1 set today than you did 2 weeks ago? <input type="checkbox"/> 100 Regular PU	— How are those arms shaping up? Take a picture! <input type="checkbox"/> 50 Tri PU + 50 Dips
— Move a Mile (At Least): How far did you go? _____	— FIT TIP: Treat yourself to new fitness apparel - you earned it! And it will motivate you to keep moving ☺ <input type="checkbox"/> 100 Regular PU	— POST A FUN PIC ON FB! <input type="checkbox"/> 50 Tri PU + 50 Dips	— <input type="checkbox"/> 100 Regular PU	— Who have you encouraged or inspired to be healthy? <input type="checkbox"/> 50 Tri PU + 50 Dips	— What are you most looking forward to after these 30 days? <input type="checkbox"/> 100 Regular PU	— Are you getting stronger? How does that feel? <input type="checkbox"/> 50 Tri PU + 50 Dips
— Move a Mile (At Least): How far did you go? _____	— Moving your body every day is one of the best way to live a longer, healthier and happier life! <input type="checkbox"/> 100 Regular PU	— Fit Tip: Stop thinking about it and just do it! You're almost there. <input type="checkbox"/> 50 Tri PU + 50 Dips	— What are you working for? <input type="checkbox"/> 100 Regular PU	— POST A FUN PIC ON FB! <input type="checkbox"/> 50 Tri PU + 50 Dips	— What is the most awesome thing that happened this month? <input type="checkbox"/> 100 Regular PU	— Final Picture - How does it look? Less Jig? ☺ <input type="checkbox"/> 50 Tri PU + 50 Dips

YOU CAN DO ANYTHING YOU THINK YOU CAN!

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