



**30-Day Lunge Challenge: 30 Forward Lunges, 20 Right Lunges, 20 Left Lunges, 30 Reverse Lunges, SWITCH LUNGES!**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
___ <b>Measurements:</b> Butt: _____ Hips: _____ 100: ___Min ___Sec ___ # Switch Lunges	___ ___ # Switch Lunges	REMEMBER TO TAKE A PICTURE ___ # Switch Lunges	___ ___ # Switch Lunges	___ ___ # Switch Lunges	Are your thighs burning? ___ # Switch Lunges	Feeling Stronger? ___ # Switch Lunges
___ 100: ___Min ___Sec ___ # Switch Lunges	___ ___ # Switch Lunges	What are you most proud of? ___ # Switch Lunges	___ ___ # Switch Lunges	___ ___ # Switch Lunges	___ ___ # Switch Lunges	___ ___ # Switch Lunges
___ 100: ___Min ___Sec ___ # Switch Lunges	___ ___ # Switch Lunges	___ ___ # Switch Lunges	___ ___ # Switch Lunges	What's motivating you today? ___ # Switch Lunges	___ ___ # Switch Lunges	How's that rear end looking? Take a picture! ___ # Switch Lunges
___ 100: ___Min ___Sec ___ # Switch Lunges	___ ___ # Switch Lunges	POST SOMETHING FUN ON FB! ___ # Switch Lunges	___ ___ # Switch Lunges	___ ___ # Switch Lunges	What are you most looking forward to?? ___ # Switch Lunges	___ ___ # Switch Lunges
<b>Measurements:</b> Butt: _____ Hips: _____ 100: ___Min ___Sec ___ # Switch Lunges	___ ___ # Switch Lunges	___ ___ # Switch Lunges	What are you working for? ___ # Switch Lunges	___ ___ # Switch Lunges	With a few 1000 lunges down, how are you feeling? ___ # Switch Lunges	Final Picture - How does it look? ___ # Switch Lunges

**YOU CAN DO ANYTHING YOU THINK YOU CAN!**

For regular motivation, support, inspiration visit [www.facebook.com/30daychallengeseries](http://www.facebook.com/30daychallengeseries)