



### 30-Day Cardio Interval Challenge:

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Measurements:</b> 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: _____
<b>Measurements:</b> Resting Heart Rate: ___ Weight: ___ Interval @ Start: ___  Interval per exercise: ___ ☺ Thought: _____	<i>Just do it - you're almost done!</i>  Interval per exercise: ___ ☺ Thought: _____	<b>Who have you helped make happy today?</b>  Interval per exercise: ___ ☺ Thought: _____	What are you working for?  Interval per exercise: ___ ☺ Thought: _____	___  Interval per exercise: ___ ☺ Thought: _____	<b>How much did improve this month? Post our final results!</b>  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](http://www.facebook.com/30daychallengeseries)