

30-Day Full Body Challenge – 2015 round up

from the 30-Day Challenge Series & Eat. Drink & be Skinny!

Monday Tabata Challenge	Tuesday 10K Steps	Wednesday Booty Bootcamp	Thursday 100 Push-Ups	Friday Walking Lunges	Saturday Core Challenge	Sunday Challengers Choice
Let's Finish 2015 Strong!	Day 1 Total Steps: -----	Day 2 Total Sets: ___ Reps Per Set: ___	Day 3 Total Sets: ___ Reps Per Set: ___	Day 4 Total # Lunges -----	Day 5 Reps: _____ Total Plank: ____	Day 6 Rest Test Repeat
Day 7 <input type="checkbox"/> Done!	Day 8 Total Steps: -----	Day 9 Total Sets: ___ Reps Per Set: ___	Day 10 Total Sets: ___ Reps Per Set: ___	Day 11 Total # Lunges -----	Day 12 Reps: _____ Total Plank: ____	Day 13 Rest Test Repeat
Day 14 <input type="checkbox"/> Done!	Day 15 Total Steps: -----	Day 16 Total Sets: ___ Reps Per Set: ___	Day 17 Total Sets: ___ Reps Per Set: ___	Day 18 Total # Lunges -----	Day 19 Reps: _____ Total Plank: ____	Day 20 Rest Test Repeat
Day 21 <input type="checkbox"/> Done!	Day 22 Total Steps: -----	Day 23 Total Sets: ___ Reps Per Set: ___	Day 24 Total Sets: ___ Reps Per Set: ___	Day 25 Total # Lunges -----	Day 26 Reps: _____ Total Plank: ____	Day 27 Rest Test Repeat
Day 28 <input type="checkbox"/> Done!	Day 29 Total Steps: -----	Day 30 Total Sets: ___ Reps Per Set: ___	Day 31 - Bonus Rest Test Repeat	Happy New Year!	Beginning Measurements Bust:___ Waist:___ Abs:___ Thighs:___ Weight: _____ Body Fat: _____	Final Measurements Bust:___ Waist:___ Abs:___ Thighs:___ Weight: _____ Body Fat: _____

Don't forget to take measurements and pictures on Day 1 and Day 30!

Visit www.facebook.com/30daychallengeseries & www.eatdrinkandbeskinny.com for full details & video instructions!