



## 30-Day Full Fitness Body Challenge!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Challenger Choice!</b>	<b>100 Push-Ups</b>	<b>100 Squats</b>	<b>100 Crunches</b>	<b>100 Push-Ups</b>	<b>100 Squats</b>	<b>100 Crunches</b>
—  Rest: Yes / No Repeat: _____ Time Test: _____	—  Type: _____ # Reps: _____ # Sets: _____	—  Get Ready to Get Strong! Type: _____ # Reps: _____ # Sets: _____	—  Type: _____ # Reps: _____ # Sets: _____	—  Grab a friend and get started! Type: _____ # Reps: _____ # Sets: _____	—  Type: _____ # Reps: _____ # Sets: _____	—  <i>Picture a Flat Tummy This Summer!!</i> Type: _____ # Reps: _____ # Sets: _____
—  <i>Do What Your Body Needs, not what it wants.</i> Rest: Yes / No Repeat: _____ Time Test: _____	—  <i>Fit Tip: set small goals with rewards. How are you celebrating when you move up levels?</i> Type: _____ # Reps: _____ # Sets: _____	—  Type: _____ # Reps: _____ # Sets: _____	—  Who have you inspired? Type: _____ # Reps: _____ # Sets: _____	—  Type: _____ # Reps: _____ # Sets: _____	—  Was it easier this week? Type: _____ # Reps: _____ # Sets: _____	—  Type: _____ # Reps: _____ # Sets: _____
—  Really look at your body. look better than 3 weeks ago? Rest: Yes / No Repeat: _____ Time Test: _____	—  Type: _____ # Reps: _____ # Sets: _____	—  POST SOMETHING FUN ON FB! Type: _____ # Reps: _____ # Sets: _____	—  What are you most looking forward to? Type: _____ # Reps: _____ # Sets: _____	—  Type: _____ # Reps: _____ # Sets: _____	—  <i>Fit Tip: Brag about your results! Inspire someone!</i> Type: _____ # Reps: _____ # Sets: _____	—  Did you try a new crunch today? Type: _____ # Reps: _____ # Sets: _____
—  Rest: Yes / No Repeat: _____ Time Test: _____	—  How many more reps did you do today than when you started? Type: _____ # Reps: _____ # Sets: _____	—  Type: _____ # Reps: _____ # Sets: _____	—  What are you working for? Type: _____ # Reps: _____ # Sets: _____	—  Type: _____ # Reps: _____ # Sets: _____	—  How much did improve this month? Post your results! Type: _____ # Reps: _____ # Sets: _____	—  Type: _____ # Reps: _____ # Sets: _____
—  Rest: Yes / No Repeat: _____ Time Test: _____	—  <i>Just do it - you're almost done!</i> Type: _____ # Reps: _____ # Sets: _____	—  Type: _____ # Reps: _____ # Sets: _____	—  Are you stronber? Type: _____ # Reps: _____ # Sets: _____	—  Type: _____ # Reps: _____ # Sets: _____	—  Are you fitter? Type: _____ # Reps: _____ # Sets: _____	—  Type: _____ # Reps: _____ # Sets: _____

**You Can Do Anything You Think You Can!**

www.FaceBook.com/30DayChallengeSeries or www.FatDrinkandtheSkinny.com for More Inspiration!