

30-Day HIIT Challenge

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

Day 1 <input type="checkbox"/>	Day 2 <input type="checkbox"/>	Day 3 <input type="checkbox"/>	Day 4 <input type="checkbox"/>	Day 5 <input type="checkbox"/>	Day 6 <input type="checkbox"/>	Day 7 <input type="checkbox"/>
Day 8 <input type="checkbox"/>	Day 9 <input type="checkbox"/>	Day 10 <input type="checkbox"/>	Day 11 <input type="checkbox"/>	Day 12 <input type="checkbox"/>	Day 13 <input type="checkbox"/>	Day 14 <input type="checkbox"/>
Day 15 <input type="checkbox"/>	Day 16 <input type="checkbox"/>	Day 17 <input type="checkbox"/>	Day 18 <input type="checkbox"/>	Day 19 <input type="checkbox"/>	Day 20 <input type="checkbox"/>	Day 21 <input type="checkbox"/>
Day 22 <input type="checkbox"/>	Day 23 <input type="checkbox"/>	Day 24 <input type="checkbox"/>	Day 25 <input type="checkbox"/>	Day 26 <input type="checkbox"/>	Day 27 <input type="checkbox"/>	Day 28 <input type="checkbox"/>
Day 29 <input type="checkbox"/>	Day 30 <input type="checkbox"/>	Starting Measurements: bust _____ waist _____ abdomen _____ hips _____ Final Measurements: bust _____ waist _____ abdomen _____ hips _____ Visit www.facebook.com/30daychallengeseries & www.eatdrinkandbeskinny.com for more details inspiration!				

Simply Collect 15 Checkmarks in 30 days to complete the challenge!

It's ok to double up, do your best to allow 1 recovery day in between HIIT days.

Be Smart. Be Safe. Get Fit. Have Fun!