30-Day Walking Lunge Challenge

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

Part 1: Color these in as you go – see how close you're getting to your ultimate goal of 1000 Lunges this month!

10	20	30	40	50	60	70	80	90	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320	330	340	350	360	370	380	390	400	410	420	430	440	450	460	470	480	490	500
510	520	530	540	550	560	570	580	590	600	610	620	630	640	650	660	670	680	690	700	710	720	730	740	750	760	770	780	790	800	810	820	830	840	850	860	870	880	890	900	910	920	930	940	950	960	970	980	990	1K

Part 2: Use this calendar to plan and track your walking lunges and success this month!

Day 1 ___ Plan: _______ Actual: _____	Day 2 ___ Plan: _______ Actual: _____	Day 3 ___ Plan: _______ Actual: _____	Day 4 ___ Plan: _______ Actual: _____	Day 5 ___ Plan: _______ Actual: _____	Day 6 ___ Plan: _______ Actual: _____	Day 7 ___ Plan: _______ Actual: _____	Total Weekly Steps ___ Notes:
Day 8 ___ Plan: _______ Actual: _____	Day 9 ___ Plan: _______ Actual: _____	Day 10 ___ Plan: _______ Actual: _____	Day 11 ___ Plan: _______ Actual: _____	Day 12 ___ Plan: _______ Actual: _____	Day 13 ___ Plan: _______ Actual: _____	Day 14 ___ Plan: _______ Actual: _____	Total Weekly Steps ___ Notes:
Day 15 ___ Plan: _______ Actual: _____	Day 16 ___ Plan: _______ Actual: _____	Day 17 ___ Plan: _______ Actual: _____	Day 18 ___ Plan: _______ Actual: _____	Day 19 ___ Plan: _______ Actual: _____	Day 20 ___ Plan: _______ Actual: _____	Day 21 ___ Plan: _______ Actual: _____	Total Weekly Steps ___ Notes:
Day 22 ___ Plan: _______ Actual: _____	Day 23 ___ Plan: _______ Actual: _____	Day 24 ___ Plan: _______ Actual: _____	Day 25 ___ Plan: _______ Actual: _____	Day 26 ___ Plan: _______ Actual: _____	Day 27 ___ Plan: _______ Actual: _____	Day 28 ___ Plan: _______ Actual: _____	Total Weekly Steps ___ Notes:
Day 29 ___ Plan: _______ Actual: _____	Day 30 ___ Plan: _______ Actual: _____	Total Lunges ______	Beginning Measurements Bust:__ Waist:__ Abs:__ Thighs:__	Ending Measurements Bust:__ Waist:__ Abs:__ Thighs:__	Notes:		

Visit www.facebook.com/30daychallengeseries & www.eatdrinkandbeskinny.com for more details inspiration!