

30-Day Full Body Challenge Tracker

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Day --- <input type="checkbox"/> Challenger's Choice: -----	Day --- <input type="checkbox"/> 100 Push-ups	Day --- <input type="checkbox"/> 100 Squats	Day --- <input type="checkbox"/> 100 Crunches	Day --- <input type="checkbox"/> 100 Push-ups	Day --- <input type="checkbox"/> 100 Squats	Day --- <input type="checkbox"/> 100 Crunches
Day --- <input type="checkbox"/> Challenger's Choice: -----	Day --- <input type="checkbox"/> 100 Push-ups	Day --- <input type="checkbox"/> 100 Squats	Day --- <input type="checkbox"/> 100 Crunches	Day --- <input type="checkbox"/> 100 Push-ups	Day --- <input type="checkbox"/> 100 Squats	Day --- <input type="checkbox"/> 100 Crunches
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Day --- <input type="checkbox"/> Challenger's Choice: -----	Day --- <input type="checkbox"/> 100 Push-ups	Day --- <input type="checkbox"/> 100 Squats	Day --- <input type="checkbox"/> 100 Crunches	Beginning Measurements Bust:___ Waist:___ Abs:___ Thighs:___ Weight: ----- Body Fat: -----	You are: Strong Beautiful Brave Amazing	Final Measurements Bust:___ Waist:___ Abs:___ Thighs:___ Weight: ----- Body Fat: -----

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