

BOOty BOOt Camp 30-Day Challenge Tracker

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Best Butt Exercises: Lateral Lunge Sumo Squat Glute Bridge Curtsey Lunge Deadlift	Beginning Measurements Bust: __ Waist: __ Abs: __ Thighs: __ Weight: _____ Body Fat: _____	Final Measurements Bust: __ Waist: __ Abs: __ Thighs: __ Weight: _____ Body Fat: _____	Remember: You can break into more sets, fewer reps. Be smart & safe.	Day --- <input type="checkbox"/> Challenger's Choice: _____	Day --- <input type="checkbox"/> REST	Day --- <input type="checkbox"/> Build Your Butt! 3 sets of 10 reps
Day --- <input type="checkbox"/> Challenger's Choice: _____	Day --- <input type="checkbox"/> Build Your Butt! 3 sets of 10 reps	Day --- <input type="checkbox"/> Challenger's Choice: _____	Day --- <input type="checkbox"/> Build Your Butt! 3 sets of 12 reps	Day --- <input type="checkbox"/> Challenger's Choice: _____	Day --- <input type="checkbox"/> REST	Day --- <input type="checkbox"/> Build Your Butt! 3 sets of 12 reps
Day --- <input type="checkbox"/> Challenger's Choice: _____	Day --- <input type="checkbox"/> Build Your Butt! 3 sets of 14 reps	Day --- <input type="checkbox"/> Challenger's Choice: _____	Day --- <input type="checkbox"/> Build Your Butt! 3 sets of 14 reps	Day --- <input type="checkbox"/> Challenger's Choice: _____	Day --- <input type="checkbox"/> REST	Day --- <input type="checkbox"/> Build Your Butt! 3 sets of 16 reps
Day --- <input type="checkbox"/> Challenger's Choice: _____	Day --- <input type="checkbox"/> Build Your Butt! 3 sets of 16 reps	Day --- <input type="checkbox"/> Challenger's Choice: _____	Day --- <input type="checkbox"/> Build Your Butt! 3 sets of 18 reps	Day --- <input type="checkbox"/> Challenger's Choice: _____	Day --- <input type="checkbox"/> REST	Day --- <input type="checkbox"/> Build Your Butt! 3 sets of 18 reps
Day --- <input type="checkbox"/> Challenger's Choice: _____	Day --- <input type="checkbox"/> Build Your Butt! 3 sets of 20 reps	Day --- <input type="checkbox"/> Challenger's Choice: _____	Day --- <input type="checkbox"/> Build Your Butt! 3 sets of 20 reps	Day --- <input type="checkbox"/> Challenger's Choice: _____	Day --- <input type="checkbox"/> REST	BONUS!! <input type="checkbox"/> Build Your Butt! 3 sets of 20 reps