

Lower Body Booty Challenge

from Teresa Marie Wellness & Eat. Drink & be Skinny!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>A Goal Without A Plan is Just a Wish!</i>	Do these 5 Exercises Daily* Air Squat Deadlift Wide Leg Squat Squat Kick Back Jack Squat	Day 1 20 Reps <input type="checkbox"/>	Day 2 20 Reps <input type="checkbox"/>	Day 3 20 Reps <input type="checkbox"/>	Day 4 20 Reps <input type="checkbox"/>	Day 5 20 Reps <input type="checkbox"/>
	Day 6 20 Reps <input type="checkbox"/>	Day 7 20 Reps <input type="checkbox"/>	Day 8 25 Reps <input type="checkbox"/>	Day 9 25 Reps <input type="checkbox"/>	Day 10 25 Reps <input type="checkbox"/>	Day 11 25 Reps <input type="checkbox"/>
	Day 13 25 Reps <input type="checkbox"/>	Day 14 25 Reps <input type="checkbox"/>	Day 15 30 Reps <input type="checkbox"/>	Day 16 30 Reps <input type="checkbox"/>	Day 17 30 Reps <input type="checkbox"/>	Day 18 30 Reps <input type="checkbox"/>
	Day 20 30 Reps <input type="checkbox"/>	Day 21 30 Reps <input type="checkbox"/>	Day 22 35 Reps <input type="checkbox"/>	Day 23 35 Reps <input type="checkbox"/>	Day 24 35 Reps <input type="checkbox"/>	Day 25 35 Reps <input type="checkbox"/>
	Day 27 35 Reps <input type="checkbox"/>	Day 28 40 Reps <input type="checkbox"/>	Day 29 40 Reps <input type="checkbox"/>	Day 30 40 Reps <input type="checkbox"/>	Starting Measurements bust ___ waist ___ abs ___ hips ___ Weight: ___	Final Measurements bust ___ waist ___ abs ___ hips ___ Weight: ___
						Month's Goal: Month's Reward:

Don't forget to take measurements and pictures on Day 1 and Day 30!

Visit <http://www.facebook.com/teresamariewellness> & www.eatdrinkandbeskinny.com for details & video instructions!