

# Spring Bikini Body 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>	Starting Measurements bust ___ waist ___ abs ___ hips ___ Weight: ___	Final Measurements bust ___ waist ___ abs ___ hips ___ Weight: ___	Month's Goal:	Month's Reward:	Day 1 <b>100 Walking Lunges</b> <input type="checkbox"/>	Day 2 <b>100 Knee-Elbow Planks</b> <input type="checkbox"/>
Day 3 <b>Challenger's Choice</b> Rest Repeat Test	Day 4 <b>100 Push-Ups</b> <input type="checkbox"/>	Day 5 <b>100 Walking Lunges</b> <input type="checkbox"/>	Day 6 <b>100 Knee-Elbow Planks</b> <input type="checkbox"/>	Day 7 <b>100 Push-Ups</b> <input type="checkbox"/>	Day 8 <b>100 Walking Lunges</b> <input type="checkbox"/>	Day 9 <b>100 Knee-Elbow Planks</b> <input type="checkbox"/>
Day 10 <b>Challenger's Choice</b> Rest Repeat Test	Day 11 <b>100 Push-Ups</b> <input type="checkbox"/>	Day 12 <b>100 Walking Lunges</b> <input type="checkbox"/>	Day 13 <b>100 Knee-Elbow Planks</b> <input type="checkbox"/>	Day 14 <b>100 Push-Ups</b> <input type="checkbox"/>	Day 15 <b>100 Walking Lunges</b> <input type="checkbox"/>	Day 16 <b>100 Knee-Elbow Planks</b> <input type="checkbox"/>
Day 17 <b>Challenger's Choice</b> Rest Repeat Test	Day 18 <b>100 Push-Ups</b> <input type="checkbox"/>	Day 19 <b>100 Walking Lunges</b> <input type="checkbox"/>	Day 20 <b>100 Knee-Elbow Planks</b> <input type="checkbox"/>	Day 21 <b>100 Push-Ups</b> <input type="checkbox"/>	Day 22 <b>100 Walking Lunges</b> <input type="checkbox"/>	Day 23 <b>100 Knee-Elbow Planks</b> <input type="checkbox"/>
Day 24 <b>Challenger's Choice</b> Rest Repeat Test	Day 25 <b>100 Push-Ups</b> <input type="checkbox"/>	Day 26 <b>100 Walking Lunges</b> <input type="checkbox"/>	Day 27 <b>100 Knee-Elbow Planks</b> <input type="checkbox"/>	Day 28 <b>100 Push-Ups</b> <input type="checkbox"/>	Day 29 <b>100 Walking Lunges</b> <input type="checkbox"/>	Day 30 <b>100 Knee-Elbow Planks</b> <input type="checkbox"/>

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

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