

Healthy & Happy Heart Cardio Interval Challenge

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Day 1 Work Interval ____ Sec Rest Interval ____ Sec <i>Happy Thought:</i>	Day 2 Work Interval ____ Sec Rest Interval ____ Sec <i>Happy Thought</i>	Day 3 Work Interval ____ Sec Rest Interval ____ Sec <i>Happy Thought</i>	Day 4 Work Interval ____ Sec Rest Interval ____ Sec <i>Happy Thought</i>	Day 5 Work Interval ____ Sec Rest Interval ____ Sec <i>Happy Thought</i>	Day 6 Work Interval ____ Sec Rest Interval ____ Sec <i>Happy Thought</i>	Day 7 Work Interval ____ Sec Rest Interval ____ Sec <i>Happy Thought</i>
Day 8 Work Interval ____ Sec Rest Interval ____ Sec <i>Happy Thought</i>	Day 9 Work Interval ____ Sec Rest Interval ____ Sec <i>Happy Thought</i>	Day 10 Work Interval ____ Sec Rest Interval ____ Sec <i>Happy Thought</i>	Day 11 Work Interval ____ Sec Rest Interval ____ Sec <i>Happy Thought</i>	Day 12 Work Interval ____ Sec Rest Interval ____ Sec <i>Happy Thought</i>	Day 13 Work Interval ____ Sec Rest Interval ____ Sec <i>Happy Thought</i>	Day 14 Work Interval ____ Sec Rest Interval ____ Sec <i>Happy Thought</i>
Day 15 Work Interval ____ Sec Rest Interval ____ Sec <i>Happy Thought</i>	Day 16 Work Interval ____ Sec Rest Interval ____ Sec <i>Happy Thought</i>	Day 17 Work Interval ____ Sec Rest Interval ____ Sec <i>Happy Thought</i>	Day 18 Work Interval ____ Sec Rest Interval ____ Sec <i>Happy Thought</i>	Day 19 Work Interval ____ Sec Rest Interval ____ Sec <i>Happy Thought</i>	Day 20 Work Interval ____ Sec Rest Interval ____ Sec <i>Happy Thought</i>	Day 21 Work Interval ____ Sec Rest Interval ____ Sec <i>Happy Thought</i>
Day 22 Work Interval ____ Sec Rest Interval ____ Sec <i>Happy Thought</i>	Day 23 Work Interval ____ Sec Rest Interval ____ Sec <i>Happy Thought</i>	Day 24 Work Interval ____ Sec Rest Interval ____ Sec <i>Happy Thought</i>	Day 25 Work Interval ____ Sec Rest Interval ____ Sec <i>Happy Thought</i>	Day 26 Work Interval ____ Sec Rest Interval ____ Sec <i>Happy Thought</i>	Day 27 Work Interval ____ Sec Rest Interval ____ Sec <i>Happy Thought</i>	Day 28 Work Interval ____ Sec Rest Interval ____ Sec <i>Happy Thought</i>
Day 29 Work Interval ____ Sec Rest Interval ____ Sec <i>Happy Thought</i>	Day 30 Work Interval ____ Sec Rest Interval ____ Sec <i>Happy Thought</i>	<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: ___	Interval Targets: Week 1: 30 work/15 rest Week 2: 45 work/20 rest Week 3: 60 work/30 rest Week 4: 75 work/40 rest	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!