

30-Day Full Body Density Interval Challenge

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Your Goal: More rounds completed in 5 min after 30-days of training.	Day 1 <u>Density Test:</u> 10 Push-ups 10 Squats 10 Crunches # Rounds in 5 minutes: _____	Day 2 Cardio Choices	Day 3 100 Push-Ups	Day 4 100 Squats	Day 5 100 Crunches	Day 6 <u>Density Test:</u> 10 Push-ups 10 Squats 10 Crunches # Rounds in 5 minutes: _____
Day 7 Challenger's Choice	Day 8 <u>Density Test:</u> 10 Push-ups 10 Squats 10 Crunches # Rounds in 5 minutes: _____	Day 9 Cardio Choices	Day 10 100 Push-Ups	Day 11 100 Squats	Day 12 100 Crunches	Day 13 <u>Density Test:</u> 10 Push-ups 10 Squats 10 Crunches # Rounds in 5 minutes: _____
Day 14 Challenger's Choice	Day 15 <u>Density Test:</u> 10 Push-ups 10 Squats 10 Crunches # Rounds in 5 minutes: _____	Day 16 Cardio Choices	Day 17 100 Push-Ups	Day 18 100 Squats	Day 19 100 Crunches	Day 20 <u>Density Test:</u> 10 Push-ups 10 Squats 10 Crunches # Rounds in 5 minutes: _____
Day 21 Challenger's Choice	Day 22 <u>Density Test:</u> 10 Push-ups 10 Squats 10 Crunches # Rounds in 5 minutes: _____	Day 23 Cardio Choices	Day 24 100 Push-Ups	Day 25 100 Squats	Day 26 100 Crunches	Day 27 <u>Density Test:</u> 10 Push-ups 10 Squats 10 Crunches # Rounds in 5 minutes: _____
Day 28 Challenger's Choice	Day 29 <u>Density Test:</u> 10 Push-ups 10 Squats 10 Crunches # Rounds in 5 minutes: _____	Day 30 Cardio Choices	Day 31 <u>BONUS Test:</u> 10 Push-ups 10 Squats 10 Crunches # Rounds in 5 minutes: _____	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!

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