

# 30-Day Full Body Chair Challenge

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Your Goal:	Starting Measurements bust ___ waist ___ abs ___ hips ___ Weight: ___	Final Measurements bust ___ waist ___ abs ___ hips ___ Weight: ___	Your Reward:	Day 1 <b>Chair Challenge</b> 1-3 sets 8-12 reps	Day 2 <b>Cardio Choice</b>	Day 3 <b>Chair Challenge</b> 1-3 sets 8-12 reps
Day 4 <b>Challenger's Choice</b>	Day 5 <b>Cardio Choice</b>	Day 6 <b>Chair Challenge</b> 1-3 sets 8-12 reps	Day 7 <b>Cardio Choice</b>	Day 8 <b>Chair Challenge</b> 1-3 sets 12-14 reps	Day 9 <b>Cardio Choice</b>	Day 10 <b>Chair Challenge</b> 1-3 sets 12-14 reps
Day 11 <b>Challenger's Choice</b>	Day 12 <b>Cardio Choice</b>	Day 13 <b>Chair Challenge</b> 1-3 sets 12-14 reps	Day 14 <b>Cardio Choice</b>	Day 15 <b>Chair Challenge</b> 1-3 sets 14-16 reps	Day 16 <b>Cardio Choice</b>	Day 17 <b>Chair Challenge</b> 1-3 sets 14-16 reps
Day 18 <b>Challenger's Choice</b>	Day 19 <b>Cardio Choice</b>	Day 20 <b>Chair Challenge</b> 1-3 sets 14-16 reps	Day 21 <b>Cardio Choice</b>	Day 22 <b>Chair Challenge</b> 1-3 sets 16-20 reps	Day 23 <b>Cardio Choice</b>	Day 24 <b>Chair Challenge</b> 1-3 sets 16-20 reps
Day 25 <b>Challenger's Choice</b>	Day 26 <b>Cardio Choice</b>	Day 27 <b>Chair Challenge</b> 1-3 sets 16-20 reps	Day 28 <b>Cardio Choice</b>	Day 29 <b>Chair Challenge</b> 1-3 sets 16-20 reps	Day 30 <b>Cardio Choice</b>	Sit to Squat Hip Bridge Triceps Dips Diamond Push-Ups Seated Crunch Windshield Wipers

**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 instructions!