

2017 Free 30-Day Fitness Challenge

from the Clean & Colorful & Eat. Drink & be Skinny!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Easy Cardio, Stretching, Yoga Day 1	Strength: Lower Body Day 2	Tabata Workout Day 3	Strength: Upper Body Day 4	21-Minute Sprint Interval Day 5	Strength: Core Day 6	Cardio ++ Day 7
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Day 29	Day 30	Day 31	Your Goal: Your Reward:	Starting Measurements bust ___ waist ___ abs ___ hips ___ Weight: ___	Final Measurements bust ___ waist ___ abs ___ hips ___ Weight: ___	<i>"It's not about being perfect, it's about being better!"</i>

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