

2017 30-Day Free Running Challenge

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>"It's not about being perfect, it's about being better!"</i>	Your Goal: Your Reward:	BONUS DAY FIRST MILE <hr/>	Day 1 2x 9 min Walk/Jog 1 min Jog/Run	Day 2 3x 9 min Walk/Jog 1 min Jog/Run	Day 3 Rest & Recover	Day 4 2x 8 min Walk/Jog 2 min Jog/Run
Day 5 Challenger's Choice	Day 6 3x 8 min Walk/Jog 2 min Jog/Run	Day 7 2x 7 min Walk/Jog 3 min Jog/Run	Day 8 Challenger's Choice	Day 9 2x 6 min Walk/Jog 4 min Jog/Run	Day 10 Rest & Recover	Day 11 3x 6 min Walk/Jog 4 min Jog/Run
Day 12 Challenger's Choice	Day 13 2x 5 min Walk/Jog 5 min Jog/Run	Day 14 3x 5 min Walk/Jog 5 min Jog/Run	Day 15 Challenger's Choice	Day 16 2x 4 min Walk/Jog 6 min Jog/Run	Day 17 Rest & Recover	Day 18 3x 4 min Walk/Jog 6 min Jog/Run
Day 19 Challenger's Choice	Day 20 2x 3 min Walk/Jog 7 min Jog/Run	Day 21 3x 3 min Walk/Jog 7 min Jog/Run	Day 22 Challenger's Choice	Day 23 2x 2 min Walk/Jog 8 min Jog/Run	Day 24 Rest & Recover	Day 25 3x 2 min Walk/Jog 8 min Jog/Run
Day 26 Challenger's Choice	Day 27 2x 1 min Walk/Jog 9 min Jog/Run	Day 28 3x 1 min Walk/Jog 9 min Jog/Run	BONUS DAY FASTEST MILE <hr/>	<i>"You can do anything you think you can do!"</i>	Starting Measurements bust ___ waist ___ abs ___ hips ___ Weight: ___ Body Fat % __	Final Measurements bust ___ waist ___ abs ___ hips ___ Weight: ___ Body Fat % __

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