

2017 30-Day Free Step & Stretch 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 Take stretching pics & count your steps for the day.	Day 1 # of steps ____ Arm & neck stretches	Day 2 # of steps ____ Arm & neck stretches	Day 3 # of steps ____ Day 1-2 + side stretch	Day 4 # of steps ____ Days 1-3 + side stretch
Day 5 # of steps ____ Repeat Days 1-4	Day 6 # of steps ____ Days 1-5 + forward fold	Day 7 # of steps ____ Days 1-6 + forward fold	Day 8 # of steps ____ Days 1-7 + intense side stretch	Day 9 # of steps ____ Days 1-8 + intense side stretch	Day 10 # of steps ____ Days 1-9 + horse pose	Day 11 # of steps ____ Days 1-10 + horse pose
Day 12 # of steps ____ Repeat Days 1-11	Day 13 # of steps ____ Days 1-12 + inner thigh stretch	Day 14 # of steps ____ Days 1-13 + inner thigh stretch	Day 15 # of steps ____ Days 1-14 + runner's lunge	Day 16 # of steps ____ Days 1-15 + runner's lunge	Day 17 # of steps ____ Days 1-16 + quad/hip flexor stretch	Day 18 # of steps ____ Days 1-17 + quad/hip flexor stretch
Day 19 # of steps ____ Repeat Days 1-18	Day 20 # of steps ____ Days 1-19 + straddle stretch	Day 21 # of steps ____ Days 1-20 + straddle stretch	Day 22 # of steps ____ Days 1-21 + pigeon pose	Day 23 # of steps ____ Days 1-22 + pigeon pose	Day 24 # of steps ____ Days 1-23 + stretch of your choice	Day 25 # of steps ____ Days 1-24 + stretch of your choice
Day 26 # of steps ____ Repeat Days 1-25	Day 27 # of steps ____ Days 1-26 + stretch of your choice or the splits (optional)	Day 28 # of steps ____ Days 1-27 + stretch of your choice or the splits (optional)	BONUS DAY # of steps ____ Take stretching pics and compare your step counts for day 1 vs day 30	<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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