

# 2017 30-Day Free Full Body Chair Challenge

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Your Goal:</b>  <b>Your Reward:</b>	<i>It's not about being perfect. It's about being better!</i>	<b>Day 1 Chair Challenge</b> 1-3 sets 8-12 reps	<b>Day 2 Cardio Choice</b>	<b>Day 3 Chair Challenge</b> 1-3 sets 8-12 reps	<b>Day 4 Cardio Choice</b>	<b>Day 5 Chair Challenge</b> 1-3 sets 8-12 reps
<b>Day 6 Challenger's Choice</b>	<b>Day 7 Cardio Choice</b>	<b>Day 8 Chair Challenge</b> 1-3 sets 12-14 reps	<b>Day 9 Cardio Choice</b>	<b>Day 10 Chair Challenge</b> 1-3 sets 12-14 reps	<b>Day 11 Cardio Choice</b>	<b>Day 12 Chair Challenge</b> 1-3 sets 12-14 reps
<b>Day 13 Challenger's Choice</b>	<b>Day 14 Cardio Choice</b>	<b>Day 15 Chair Challenge</b> 1-3 sets 14-16 reps	<b>Day 16 Cardio Choice</b>	<b>Day 17 Chair Challenge</b> 1-3 sets 14-16 reps	<b>Day 18 Cardio Choice</b>	<b>Day 19 Chair Challenge</b> 1-3 sets 14-16 reps
<b>Day 20 Challenger's Choice</b>	<b>Day 21 Cardio Choice</b>	<b>Day 22 Chair Challenge</b> 1-3 sets 16-20 reps	<b>Day 23 Cardio Choice</b>	<b>Day 24 Chair Challenge</b> 1-3 sets 16-20 reps	<b>Day 25 Cardio Choice</b>	<b>Day 26 Chair Challenge</b> 1-3 sets 16-20 reps
<b>Day 27 Challenger's Choice</b>	<b>Day 28 Cardio Choice</b>	<b>Day 29 Chair Challenge</b> 1-3 sets 16-20 reps	<b>Day 30 Cardio Choice</b>	<i>Sit to Squat Hip Bridge Triceps Dips Diamond Push-Ups Seated Crunch Windshield Wipers</i>	<b>Starting Measurements</b> bust __ waist __ abs __ hips __ Weight: __ Body Fat % __	<b>Final Measurements</b> bust __ waist __ abs __ hips __ Weight: __ Body Fat % __

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