

30-Day Free Lower Body Booty Challenge

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
A Goal Without A Plan is Just a Wish!	Your Goal:	Do these 5 Exercises Daily Air Squat Deadlift Wide Leg Squat Squat Kick Back Jack Squat	Day 1	Day 2	Day 3	Day 4	
	Your Reward:		20 Reps <input type="checkbox"/>	20 Reps <input type="checkbox"/>	20 Reps <input type="checkbox"/>	20 Reps <input type="checkbox"/>	
	Day 5		Day 6	Day 7	Day 8	Day 9	Day 10
	20 Reps <input type="checkbox"/>		20 Reps <input type="checkbox"/>	20 Reps <input type="checkbox"/>	25 Reps <input type="checkbox"/>	25 Reps <input type="checkbox"/>	25 Reps <input type="checkbox"/>
	Day 12		Day 13	Day 14	Day 15	Day 16	Day 17
	25 Reps <input type="checkbox"/>		25 Reps <input type="checkbox"/>	25 Reps <input type="checkbox"/>	30 Reps <input type="checkbox"/>	30 Reps <input type="checkbox"/>	30 Reps <input type="checkbox"/>
Day 19	Day 20	Day 21	Day 22	Day 23	Day 24	Day 25	
30 Reps <input type="checkbox"/>	30 Reps <input type="checkbox"/>	30 Reps <input type="checkbox"/>	35 Reps <input type="checkbox"/>	35 Reps <input type="checkbox"/>	35 Reps <input type="checkbox"/>	35 Reps <input type="checkbox"/>	
Day 26	Day 27	Day 28	Day 29	Day 30	Starting Measurements	Final Measurements	
35 Reps <input type="checkbox"/>	35 Reps <input type="checkbox"/>	40 Reps <input type="checkbox"/>	40 Reps <input type="checkbox"/>	40 Reps <input type="checkbox"/>	bust __ waist __ abs __ hips __ Weight: __ Body Fat % __	bust __ waist __ abs __ hips __ Weight: __ Body Fat % __	