

# 30-Day Full Body Challenge

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
100 Lower Body	100 Core	100 Push-Ups	Run 1 Mile	3 Min Burpees	100 Upper Body	Challenger's Choice
				Day 1	Day 2	Day 3
A goal without a plan is just a wish!	Your Goal:  Your Reward:	Starting Measurements bust __ abs __ waist __ hips __ weight: __ body fat %: __	Final Measurements bust __ abs __ waist __ hips __ weight: __ body fat %: __	Total # Burpees	Reps: Sets: Time:	Rest Retest Repeat
Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Reps: Sets: Time:	Reps: Sets: Time:	Reps: Sets: Time:	Distance: Time: Mile Time:	Total # Burpees	Reps: Sets: Time:	Rest Retest Repeat
Day 11	Day 12	Day 13	Day 14	Day 15	Day 16	Day 17
Reps: Sets: Time:	Reps: Sets: Time:	Reps: Sets: Time:	Distance: Time: Mile Time:	Total # Burpees	Reps: Sets: Time:	Rest Retest Repeat
Day 18	Day 19	Day 20	Day 21	Day 22	Day 23	Day 24
Reps: Sets: Time:	Reps: Sets: Time:	Reps: Sets: Time:	Distance: Time: Mile Time:	Total # Burpees	Reps: Sets: Time:	Rest Retest Repeat
Day 25	Day 26	Day 27	Day 28	Day 29	Day 30	Day 31
Reps: Sets: Time:	Reps: Sets: Time:	Reps: Sets: Time:	Reps: Sets: Time:	Total # Burpees	Reps: Sets: Time:	Happy New Year!

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