

30-Day Weight Loss Challenge

Monday 100 Squats + 30 Mins Cardio	Tuesday 100 Push-ups + 30 Mins Cardio	Wednesday 100 Lunges + 30 Mins Cardio	Thursday 100 Dips + 30 Mins Cardio	Friday Rest Day!	Saturday 20 Mins Sprints	Sunday Stretch Of The Day + 30 Mins Cardio
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Reps: Sets: Cardio:	Reps: Sets: Cardio:	Reps: Sets: Cardio:	Reps: Sets: Cardio:	Rest or Make-up Day	# of Sprints: Sprint time:	Stretch: Cardio:
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Reps: Sets: Cardio:	Reps: Sets: Cardio:	Reps: Sets: Cardio:	Reps: Sets: Cardio:	Rest or Make-up Day	# of Sprints: Sprint time:	Stretch: Cardio:
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Reps: Sets: Cardio:	Reps: Sets: Cardio:	Reps: Sets: Cardio:	Reps: Sets: Cardio:	Rest or Make-up Day	# of Sprints: Sprint time:	Stretch: Cardio:
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Reps: Sets: Cardio:	Reps: Sets: Cardio:	Reps: Sets: Cardio:	Reps: Sets: Cardio:	Rest or Make-up Day	# of Sprints: Sprint time:	Stretch: Cardio:
Day 29	Day 30					
Reps: Sets: Cardio:	Reps: Sets: Cardio:	It's not about being perfect, It's about being better!	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 %: __

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