



30-Day Full Body Challenge: 2013 Fitness Challenge Round Up!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Push-Up Challenge 100 Pushups	Abs Challenge 20 Crunch + 20 Bcyl + 20 Scissor, 20 Leg Raise, 20 Hip Ext	Lunge Challenge 30 Forward (15 ea) 40 Side (20 ea) 30 Reverse (15 ea)	Challengers Choice Repeat: Your fav Rest: If you want Test: All 5 for Time!	Move a Mile Challenge Run, Bike, Walk, Crawl, Skate, Ski	Plank Challenge Hold Regular + Each Side Plank (Lvl 1-4)	Challengers Choice Repeat: Your fav Rest: If you want Test: All 5 for Time!
— Get Ready to Get Strong! # Toe Pushups: ____ # Knee Pushups: ____ Sets: _____	— Time: _____	— Grab a friend and get started! Forward Time: ____ Side Time: ____ Reverse Time: ____	— <i>Do What Your Body Needs, not what it wants.</i> Repeat: _____ Rest: _____ Test: _____ (Record Total Time)	— Method: _____ Time: _____	— <i>Remember, if 90 seconds is easy, you're on the wrong level.</i> Plank Lvl: __ Sec: __ Side Lvl: __ Sec: __	— <i>Do What Your Body Needs, not what it wants.</i> Repeat: _____ Rest: _____ Test: _____ (Record Total Time)
— Get ready to enjoy your Fittest Holiday Season Yet! # Toe Pushups: ____ # Knee Pushups: ____ Sets: _____	— <i>Fit Tip: set small goals with rewards. How are you celebrating when you move up levels?</i> Time: _____	— Was it easier this week? Forward Time: ____ Side Time: ____ Reverse Time: ____	— <i>Remember, this is a Challenge – go for it!</i> Repeat: _____ Rest: _____ Test: _____ (Record Total Time)	— Who have you inspired? Method: _____ Time: _____	— Did you move up a level? Plank Lvl: __ Sec: __ Side Lvl: __ Sec: __	— Listen to your body today... Repeat: _____ Rest: _____ Test: _____ (Record Total Time)
— # Toe Pushups: ____ # Knee Pushups: ____ Sets: _____	— Are you enjoying your Fittest Holiday Season Yet? Time: _____	— POST SOMETHING FUN ON FB! Forward Time: ____ Side Time: ____ Reverse Time: ____	— <i>Remember, rest is a critical key to recovery & growth!</i> Repeat: _____ Rest: _____ Test: _____ (Record Total Time)	— What are you most looking forward to? Method: _____ Time: _____	— <i>Fit Tip: Brag about your results! Inspire someone!</i> Plank Lvl: __ Sec: __ Side Lvl: __ Sec: __	— Repeat: _____ Rest: _____ Test: _____ (Record Total Time)
— # Toe Pushups: ____ # Knee Pushups: ____ Sets: _____	— <i>Just do it – you're almost done!</i> Time: _____	— How are those legs shaping up? Forward Time: ____ Side Time: ____ Reverse Time: ____	— Are you stronger? Repeat: _____ Rest: _____ Test: _____ (Record Total Time)	— What are you working for? Method: _____ Time: _____	— How much did improve this month? Post your results! Plank Lvl: __ Sec: __ Side Lvl: __ Sec: __	— Repeat: _____ Rest: _____ Test: _____ (Record Total Time)
— # Toe Pushups: ____ # Knee Pushups: ____ Sets: _____	— Really look at your abs. Do look better than 3 weeks ago? Time: _____	— Forward Time: ____ Side Time: ____ Reverse Time: ____	— Last Chance to Push it!! Repeat: _____ Rest: _____ Test: _____ (Record Total Time)	— Are you faster? Method: _____ Time: _____	— Are you fitter? Plank Lvl: __ Sec: __ Side Lvl: __ Sec: __	— Repeat: _____ Rest: _____ Test: _____ (Record Total Time)