



# 30-Day Full Body Challenge

MON	TUE	WED	THUR	FRI	SAT	SUN
HOW GOOD ARE YOU GOING TO FEEL AFTER YOU CHECK ALL THESE BOXES? ----- ----- -----	DAY 1 <input type="checkbox"/> 100 CORE REPS:    SETS:	DAY 2 <input type="checkbox"/> 100 PUSH-UPS REPS:    SETS:	DAY 3 <input type="checkbox"/> "SPRINT" 1 MILE TOTAL TIME:	DAY 4 <input type="checkbox"/> 3 MIN BURPEES TOTAL DONE:	DAY 5 <input type="checkbox"/> 100 UPPER BODY REPS:    SETS:	DAY 6 <input type="checkbox"/> CHALLENGERS CHOICE:
DAY 7 <input type="checkbox"/> 100 SQUATS REPS:    SETS:	DAY 8 <input type="checkbox"/> 100 CORE REPS:    SETS:	DAY 9 <input type="checkbox"/> 100 PUSH-UPS REPS:    SETS:	DAY 10 <input type="checkbox"/> "SPRINT" 1 MILE TOTAL TIME:	DAY 11 <input type="checkbox"/> 3 MIN BURPEES TOTAL DONE:	DAY 12 <input type="checkbox"/> 100 UPPER BODY REPS:    SETS:	DAY 13 <input type="checkbox"/> CHALLENGERS CHOICE:
DAY 14 <input type="checkbox"/> 100 SQUATS REPS:    SETS:	DAY 15 <input type="checkbox"/> 100 CORE REPS:    SETS:	DAY 16 <input type="checkbox"/> 100 PUSH-UPS REPS:    SETS:	DAY 17 <input type="checkbox"/> "SPRINT" 1 MILE TOTAL TIME:	DAY 18 <input type="checkbox"/> 3 MIN BURPEES TOTAL DONE:	DAY 19 <input type="checkbox"/> 100 UPPER BODY REPS:    SETS:	DAY 20 <input type="checkbox"/> CHALLENGERS CHOICE:
DAY 21 <input type="checkbox"/> 100 SQUATS REPS:    SETS:	DAY 22 <input type="checkbox"/> 100 CORE REPS:    SETS:	DAY 23 <input type="checkbox"/> 100 PUSH-UPS REPS:    SETS:	DAY 24 <input type="checkbox"/> "SPRINT" 1 MILE TOTAL TIME:	DAY 25 <input type="checkbox"/> 3 MIN BURPEES TOTAL DONE:	DAY 26 <input type="checkbox"/> 100 UPPER BODY REPS:    SETS:	DAY 27 <input type="checkbox"/> CHALLENGERS CHOICE:
DAY 28 <input type="checkbox"/> 100 SQUATS REPS:    SETS:	DAY 29 <input type="checkbox"/> 100 CORE REPS:    SETS:	DAY 30 <input type="checkbox"/> 100 PUSH-UPS REPS:    SETS:	DAY 31 <input type="checkbox"/> "SPRINT" 1 MILE TOTAL TIME:	BEGINNING MEASUREMENTS  BUST:___ WAIST:___ ABS:___ THIGHS:___ WEIGHT: _____ BODY FAT: _____	FINAL MEASUREMENTS  BUST:___ WAIST:___ ABS:___ THIGHS:___ WEIGHT: _____ BODY FAT: _____	YOU ARE:  STRONG BEAUTIFUL BRAVE AMAZING INSPIRING