

# #QuarantineReboot: A 14-Day Challenge

Goals: 1) 3 Full body workouts + 150 min Cardio per week. 2) Unprocessed, plant forward diet. 3) Replace 1 meal with a smoothie per day

<p>Monday 6/1 MENU B: _____ _____ L: _____ _____ D: _____ _____ S: _____ _____ WORKOUT Weights: _____ Cardio: _____</p>	<p>Tuesday 6/2 MENU B: _____ _____ L: _____ _____ D: _____ _____ S: _____ _____ WORKOUT Weights: _____ Cardio: _____</p>	<p>Wednesday 6/3 MENU B: _____ _____ L: _____ _____ D: _____ _____ S: _____ _____ WORKOUT Weights: <i>5pm Live!</i> Cardio: _____</p>	<p>Thursday 6/4 MENU B: _____ _____ L: _____ _____ D: _____ _____ S: _____ _____ WORKOUT Weights: _____ Cardio: _____</p>	<p>Friday 6/5 MENU B: _____ _____ L: _____ _____ D: _____ _____ S: _____ _____ WORKOUT Weights: _____ Cardio: _____</p>	<p>Saturday 6/6 MENU B: _____ _____ L: _____ _____ D: _____ _____ S: _____ _____ WORKOUT Weights: _____ Cardio: _____</p>	<p>Sunday 6/7 MENU B: _____ _____ L: _____ _____ D: _____ _____ S: _____ _____ WORKOUT Weights: <i>10 am Live!</i> Cardio: _____</p>
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<p>Monday 6/8 MENU B: _____ _____ L: _____ _____ D: _____ _____ S: _____ _____ WORKOUT Weights: _____ Cardio: _____</p>	<p>Tuesday 6/9 MENU B: _____ _____ L: _____ _____ D: _____ _____ S: _____ _____ WORKOUT Weights: _____ Cardio: _____</p>	<p>Wednesday 6/10 MENU B: _____ _____ L: _____ _____ D: _____ _____ S: _____ _____ WORKOUT Weights: <i>5pm Live!</i> Cardio: _____</p>	<p>Thursday 6/11 MENU B: _____ _____ L: _____ _____ D: _____ _____ S: _____ _____ WORKOUT Weights: _____ Cardio: _____</p>	<p>Friday 6/12 MENU B: _____ _____ L: _____ _____ D: _____ _____ S: _____ _____ WORKOUT Weights: _____ Cardio: _____</p>	<p>Saturday 6/13 MENU B: _____ _____ L: _____ _____ D: _____ _____ S: _____ _____ WORKOUT Weights: _____ Cardio: _____</p>	<p>Sunday 6/14 MENU B: _____ _____ L: _____ _____ D: _____ _____ S: _____ _____ WORKOUT Weights: <i>10 am Live!</i> Cardio: _____</p>
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Cardio Options: Run, walk, bike, cycle, stairs, plyo, swim, row, jump rope, elliptical. Workout Intervals: 3x50 min | 5x30 min | 7x22 min | 17x11 min or any combo to = 150 min per week!