

January **AT BOTTOMED CHALLENGE**

<u>Munch It Monday</u>	<u>Too Sexy Tuesday</u>	<u>Work It Wednesday</u>	<u>Thoughtful Thursday</u>	<u>Fit Bottomed Friday</u>	<u>Booty-full Saturday</u>	<u>Funday Sunday</u>
			1	2	3	4
5 Pick a food resolution that works! Go to FitBottomedEats.com for deets, then tell the world you're doing the #FBC!	6 Write down 15 things you love about your body	7 See how many of these moves you can each do in a minute: push-ups, squats, sit-ups, lunges, tricep dips, burpees. Record your reps (record notes for the future!)	8 Begin to select images for a dream board	9 Keep it simple with the KISS workout	10 Workout: Roxanne Challenge + 30 minutes of walking or running	11 Put together your own guilty pleasure playlist
12 Tell us how your new food resolution is going on Twitter, tag @FitBottomedGirl!	13 Write down at least 15 activities you love to do	14 Try Tabata!	15 Arrange your images for your dream board and think about how each one relates to your fit future	16 Do some quick upper-body work + 20 minutes of your fave cardio	17 Grab a bud and do one of the activities you LOVE! Take a pic and post on Instagram, tag @FitBottomedGirl!	18 Listen to your guilty pleasure playlist and dance around like no one is watching!
19 Make a totally new recipe that embraces your new food resolution!	20 Reclaim your scale and show us on Twitter @FitBottomedGirl	21 Do this circuit as many times as you can in 30 minutes: 10 push-ups, 10 lunges, 10 tricep dips, 10 squats, 10 sit-ups, 10 burpees	22 Take 5 minutes to look at your dream board and visualize yourself healthy and totally happy	23 Do some feel-good yoga	24 Do the Ultimate Hips, Bum & Thigh workout	25 Swap a workout DVD or two with a friend — choose something you've never done before!
26 Got cravings? Fight 'em with a healthier substitute	27 Take a long hot bath tonight — you deserve it!	28 See how many of these moves you can each do in a minute: push-ups, squats, sit-ups, lunges, tricep dips, burpees. Record & compare to 1/7.	29 Share a photo of your dream board with us on Instagram @FitBottomedGirl	30 Do that DVD you swapped with a friend!	31 Go "Long and Strong" on the Spin bike	

Go to www.FitBottomedGirls.com for full details of each month's challenge! Tell us how you're doing with #FBC to win prizes!