



# FEBRUARY 2015

<u>Funday Sunday</u>	<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>
1	2 Make a dish with what's in season: kale!	3 Take 5 minutes to reflect on what fitness really "looks" like	4 See how long you can hold a plank and a wall-sit. Record your times.	5 Break free of the comparison trap	6 Do the Winter Wonderland Workout	7 Dance to a song — or a whole playlist — about butts
8 Set a SMART fitness goal for the month and share with us with #FBC!	9 Learn about chocolate — and make a healthy recipe with it	10 Write a haiku (or 12!) about what you love about you! Share with us with #FBC.	11 Do your favorite workout that makes you feel AWESOME	12 Head on over to FBG to read amazing Love Yo'Self reader stories	13 Take the 10-minute plank and push-up challenge	14 Grab a loved one or friend and have a workout date
15 Pretend it's not winter — try some surf-inspired yoga poses	16 Try a new beauty superfood	17 Compliment a stranger — then compliment yourself on your best assets!	18 Take a fitness class or do a workout DVD — share a sweaty selfie with us @FitBottomedGirl	19 Review the ABCs of being an FBG	20 Take the 10-minute plank and push-up challenge — except swap planks and push-ups for wall-sits and squats	21 Download a new workout app and try a workout from it
22 How's your SMART fitness goal going? Check in with yourself ... honestly!	23 Eat a Big-Ass Salad	24 Figure out what colors you look best in — and rock them!	25 See how long you can hold a plank and a wall-sit. Did you beat your Week 1 times?	26 Say good-bye to mindless snacking	27 Pin five online workouts you want to try and then do one	28 Turn on your fave tunes, then take 10 minutes to write down your successes for the month, big and small

**FIT BOTTOMED CHALLENGE**  
*LOVE YO'SELF*