






AUGUST FIT BOTTOMED CHALLENGE

H O T T O T R O T

| <i>Funday</i> <u>Sunday</u> | <i>Munch It</i> <u>Monday</u> | <i>Too Sexy</i> <u>Tuesday</u> | <i>Work It</i> <u>Wednesday</u> | <i>Thoughtful</i> <u>Thursday</u> | <i>Fit Bottomed</i> <u>Friday</u> | <i>Booty-full</i> <u>Saturday</u> |
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|  2 → Get one veggie in your breakfast | 3 Get one veggie in your breakfast | 4 Set a healthy intention to embrace your inner hotness | 5 Try some Power Yoga | 6 Light your inner fire  | 7 Steam things up with a dance workout | 8 Walk or run for 20 MINUTES |
| 9 Find your power song | 10 Get two veggies in your lunch | 11 Share a feel-good meme | 12 Get blitzed ... with HIIT! | 13 Embrace the Anti-Diet life | 14 Do your fave workout then snap a sweaty selfie | 15 Walk or run for 25 MINUTES |
| 16 Rock out to your power song | 17 Get three veggies in your dinner | 18 Be mindful of your self-talk  | 19 Do the Deck of Cards workout | 20 Would you take a fitness magic pill? Share your answer with @FitBottomedGirl | 21 Do the Booty Blast Circuit | 22 Walk or run for 30 MINUTES |
| 23 Grab a bud and do some 😊 partner 😊 stretches | 24 Get a veggie in <u>every</u> snack | 25 Walk with confidence | 26 Do Power Yoga Flow | 27 Take 15 minutes to do WHATEVER YOU WANT TO DO 'cause you're a rock star! | 28 Torch 100 extra calories | 29 Walk or run for 40 MINUTES |
| 30 Prancercise ... really! | 31 Eat 8+ servings of veggies today! | | | | | |

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