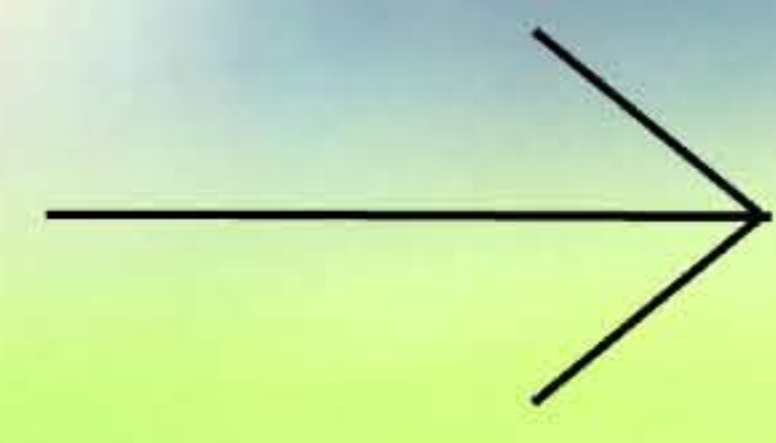


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BACK ON TRACK

<u>Funday Sunday</u>	<u>Munch It Monday</u>	<u>Too Sexy Tuesday</u>	<u>Work It Wednesday</u>	<u>Thoughtful Thursday</u>	<u>FitBottomed Friday</u>	<u>Booty-full Saturday</u>
					1	2
3	4 Refresh yourself on the principles of eating healthy — minus the diet!	5 Focus on progress — not perfection	6 15-minute AMRAP: 10 tricep dips, 10 push-ups, 10 squats — write down # of rounds	7 Refresh yourself on the principles of mindful eating	8 Try the Balance Workout one time through	9 Hit the track for 20 minutes of fartleks!
10 Brainstorm five workouts you want to try	11 Up your fruit and veggie intake!	12 Write yourself an "I love you because ..." letter	13 15-minute AMRAP: 10 tricep dips, 10 push-ups, 10 squats — try to beat your number!	14 Eat only when you're truly hungry	15 Try the Balance Workout two times through	16 Hit the track for 25 minutes of fartleks!
17 Make plans with a friend next Sunday to try one of those workouts that you brainstormed	18 Fuel up before and after your workouts	19 Name 7 things you love about yourself & share with @FitBottomedGirl	20 20-minute AMRAP: 10 tricep dips, 10 push-ups, 10 plyo squats — write down # of rounds	21 Share at least 7 things you're grateful for with a friend	22 Try the Balance Workout three times through	23 Hit the track for 30 minutes of fartleks!
24 Try your new workout with your friend!	25 Learn how to eat healthy on a budget	26 Remember that you're more than what you look like in your swimsuit	27 20-minute AMRAP: 10 tricep dips, 10 push-ups, 10 plyo squats — try to beat your number!	28 Set a positive and healthy intention for the day	29 Do the Balance Workout three times through with your eyes closed!	30 Hit the track for 35 minutes of fartleks!
						31 Take a success photo for doing the challenge!