





JUNE CHALLENGE



<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 Learn how spicy foods can heat up your metabolism and health for good!	2 Wear an outfit you feel absolutely great in	3 Do your fave workout then take a sweaty selfie and tag @FitBottomedGirl!	4 Take a power posture	5 Work up a sweat with a special workout playlist to power your fave workout	6 See how many burpees you can do in 5 minutes
7 Hit up a hot yoga class or do some yoga poses outside	8 Try a new spicy recipe 	9 Write a haiku (or 12!) about how good it feels to sweat	10 Squeeze in a lunchtime workout	11 Love your jiggle 	12 Beach Interval Workout (beach not required)	13 See how many burpees you can do in 10 minutes
14 Try a new summer workout and share with @FitBottomedGirl	15 Heat up the kitchen by baking something healthy	16 Learn to love your flaws ('cause they rock!)	17 Do a perfect push-up (or lots of them!)	18 Try the Loving Kindness Meditation	19 Go on a sweaty date night 	20 See how many burpees you can do in 15 minutes
21 Get outside for a long run or walk — and hydrate up!	22 Cool down by prepping a cool salad for the week	23 Boost your swimsuit confidence	24 Turn house cleaning into a workout	25 Tell @FitBottomedGirl your fave way to sweat!	26 Hit the basketball court for some sweaty fun	27 See how many burpees you can do in 20 minutes
 28 Do your fave workout to fun summer tunes!	29 Go raw for a meal — or a whole day	30 Be inspired by fit women of all shapes and sizes				

Gonna Make You Sweat