



SEPTEMBER 2015 FIT BOTTOMED 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 Tell @FitBottomedGirl why September is YOUR month!	2 15-Minute Beginner Workout With Zuzka	3 Make a fitness bucket list	4 Skip the gym and get outside for your workout	5 Do your fave fit activity for 15 minutes + 5 burpees
6 Write down 15+ reasons you love working out	7 Note your hunger/fullness level at one meal today	8 Read about the Real FBGs movement	9 Core Workout	10 Pick 1-2 things you can do this month from your fitness bucket list	11 Try a Nano Workout (or 2!)	12 Do your fave fit activity for 15 minutes + 10 burpees
13 Quote yourself	14 Note your hunger/fullness level at two meals today	15 Submit your Real FBG story and photo for a chance to win fit goodies!	16 Towel Training	17 Do one of those fitness bucket list items!	18 One-Song Workout	19 Do your fave fit activity for 15 minutes + 15 burpees
20 80s dance party!	21 Note your hunger/fullness level at three meals today	22 Meditation for Body Confidence	23 Broomstick Abs	24 Add a few more "out there" items to your fitness bucket list	25 Full-Body Box Workout	26 Do your fave fit activity for 15 minutes + 20 burpees
27 Reward yourself!	28 Honor your hunger/fullness levels all day!	29 Share how YOU DID IT with us on Instagram (@FitBottomedGirl)	30 Do your fave activity for 15 minutes + 25 burpees			

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!