

BE-YOU-TIFUL

OCTOBER 2015 FIT BOTTOMED CHALLENGE

<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>
				1 Share w/ @FitBottomedGirl how you're Be-YOU-tiful	2 See how many burpees you can do in 5 minutes	3 Dance with your bad self for 10 minutes
4 Get outside for a 20-minute walk/run	5 Eat a beauty food and share with @FitBottomedGirl!	6 Get inspired	7 Full-Body Couplets Workout	8 Loving Kindness Meditation	9 Burpees for 5 minutes — beat your number!	10 Dance with your bad self for 15 minutes
11 Unplug for two hours	12 Make your own foodie facial	13 Write a thank-you note to another Be-YOU-tiful woman	14 Be Booty-Full Workout	15 Brainstorm ways that you can be more <i>you</i>	16 See how many burpees you can do in 10 minutes	17 Dance with your bad self for 20 minutes
18 Host a healthy dinner or grillout! Share a pic w/ @FitBottomedGirl	19 Enjoy a beautiful meal!	20 Write a thank-you note to your body	21 Make a workout date	22 Rise, pee, meditate (really!)	23 Burpees for 10 minutes — beat your number!	24 Dance with your bad self for 25 minutes
25 Create your ultimate dance workout playlist — share w/ @FitBottomedGirl	26 Eat lunch al fresco	27 Commit to training for your LIFE	28 Playground Workout	29 See if you're holding yourself back	30 Your choice: Do burpees for 5 or 10 minutes	31 Dance with your bad self for 30 minutes