## BIJ-WID IN TOMED CHALLENGE

| Funday Sunday Monday Tuesday Wednesday Thoughtful See how many burpees you can do in 5 minutes Thoughtful Thoughtful See how many burpees you can do in 5 minutes Thoughtful Thoughtful Thoughtful See how many burpees you can do in 5 minutes Thoughtful See how many burpees you can do in 5 minutes Thoughtful Workout Dance with your bad self for 10 minutes Thoughtful Thoughtf | 1  |  | A CONTRACTOR OF THE PARTY OF TH | AD H. C. AD  |            |                                    |                                     | D. C. S. | 4    |
|--|--|--|--|--|------------|------------------------------------|-------------------------------------|--|------|
| Get outside for a 20-minute walk/run  Fact a beauty food and share with @FitBottomedGir!  Unplug for two hours  Is a label the facial  Is |  |  | 14. 15. 15. 15. 15. 15. 15. 15. 15. 15. 15   |  |            |                                    | 2                                   |  |      |
| for a 20-minute walk/run  for a 20-minute share with gritBottomedGirl!  for a 20-minute share with gour number!  Make your own foodie facial  Make your note to another Be-YOU-tiful worman  Full-Body Couplets Workout Meditation  Write a thank-you note to another Be-YOU-tiful worman  Make a workout date  for 15 minutes — beat your number!  Make your own foodie facial  Full-Body Couplets Workout Meditation  Make your own foodie facial  Full-Body Couplets Workout Meditation  Make your own foodie facial  Full-Body Couplets Workout Meditation  Make your number!  Dance with your bad self for 15 minutes  See how many burpees you can do in 10 minutes  Make a workout date  Full-Body Couplets Workout Workout Meditation  Make your number!  Dance with your bad self for 25 minutes  See if you're holding yourself back  Full-Body Couplets Workout Workout Workout bad self for 15 minutes  See how many burpees you can do in 10 minutes  Make a workout date  Full-Body Couplets Workout Workout Workout ways that you can be more you  Make a workout date  Full-Body Couplets Workout  Morkout ways that you can be more you  Make a workout date  Full-Body Couplets Workout  Morkout ways that you can be more you  Make a workout date  Full-Body  Full Unplug for two many burpees you can do in 10 minutes  Full Unplug for two many burpees you can do in 10 minutes  Full Unplug for two many burpees you can do in 10 minutes  Full Unplug for two many burpees you can do in 10 minutes  Full Unplug for two many burpees you can do in 10 minutes  Full Unplug for two many burpees you can do in 10 minutes  Full Unplug for two many burpees you can do in 10 mi |  | \ qirls //                                       |  |  |            | @FitBottomedGirl how you're        | burpees you can                     | bad self for 10                              |      |
| Unplug for two hours  Make your own foodie facial  Is a lage of the point of the po |  | for a 20-minute                                  | food and share with  |  |            | Kindness                           | minutes — beat                      | bad self for 15                              |      |
| Host a healthy dinner or grillout! Share a pic w/@FitBottomedGirl  25 Create your ultimate dance workout playlist — share w/ Shar | The state of the s | Unplug for two                                   | Make your<br>own foodie  | Write a thank-you<br>note to another<br>Be-YOU-tiful |            | Brainstorm ways<br>that you can be | See how many<br>burpees you can     | Dance with your bad self for 20              | の事業は |
| Create your ultimate dance workout playlist — share w/ See if you're workout playlist — share w/ See if you're Workout Norkout See if you're holding yourself back See if you're holding yourself back 10 minutes  |  | dinner or grillout!<br>Share a pic w/            | Enjoy a<br>beautiful meal!   | Write a<br>thank-you note                            | Make a     | Rise, pee,<br>meditate             | minutes — beat                      | bad self for 25                              |      |
|  | The state of the s | ultimate dance<br>workout playlist —<br>share w/ | Eat lunch  | Commit to training for                               | Playground | See if you're<br>holding yourself  | Your choice: Do<br>burpees for 5 or | Dance with your bad self for 30              |      |