

# NOVEMBER 2015

## ..... Attitude of Gratitude

<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 	2 Change how you see your food	3 Reclaim the scale	4 Try an AMRAP workout	5 Share 10 things you're grateful for with @FitBottomedGirl	6 3-Minute Roxanne Burpee Challenge	7 Fave cardio for 20 minutes + 10 lunges on each side
8 Find a few group workouts	9 5-minute chocolate meditation	10 Remind yourself of what's really important	11 Stressful Moments Workout	12 Share 15 things you're grateful for with @FitBottomedGirl	13 Reality TV Workout	14 Fave cardio for 25 minutes + 15 lunges on each side
15 Do a group workout!	16 Do the chocolate meditation with your fave food	17 Envision how you want to FEEL	18 Go! Slow! Go! Interval Workout	19 Share 20 things you're grateful for with @FitBottomedGirl	20 Learn some self-defense moves	21 Fave cardio for 30 minutes + 20 lunges on each side
22 Brush up on your Thanksgiving Day food facts!	23 Find healthy turkey day recipes	24 Thank your tribe	25 Torch that turkey early	26 Show us your plate, plus 25+ things you're grateful for!	27 Jump, Jump Workout	28 Fave cardio for 35 minutes + 25 lunges on each side
31 Download a new healthy app!	30 Get back on track					