

# 31-DAY CHALLENGE

#NEWYEARNEWYOU #COMMITTONOEXCUSES

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>LET THE CHALLENGE BEGIN!</b>	SELF REFLECTION SUNDAY					1 POST YOUR 2021 GOAL	2
<b>WEEKLY CHALLENGE: CORE</b>	HOW WILL YOU MAKE YOURSELF A PRIORITY THIS MONTH? 3	- 10 CRUNCHES 4	- 30 SEC PLANK 5	- 10 BICYCLES 6	- 10 CRUNCHES 7	- 30 SEC PLANK 8	- 10 BICYCLES 9
<b>WEEKLY CHALLENGE: STRENGTH</b>	ARE YOU GETTING THE SLEEP YOU NEED TO RECOVER? 10	- 10 SQUATS - 10 CRUNCHES 11	- 5 LUNGES - 30 SEC PLANK 12	- 5 PUSH-UPS - 10 BICYCLES 13	- 10 SQUATS - 10 CRUNCHES 14	- 5 LUNGES - 30 SEC PLANK 15	- 5 PUSH-UPS - 10 BICYCLES 16
<b>WEEKLY CHALLENGE: STRETCH</b>	WHAT IS ONE HEALTHY EATING HABIT YOU CAN FOCUS ON THIS WEEK? 17	- STRETCH 2 - 5 MINUTES - 10 SQUATS - 10 CRUNCHES 18	- STRETCH 2 - 5 MINUTES - 5 LUNGES - 30 SEC PLANK 19	- MEDITATE 10 MINUTES - 5 PUSH-UPS - 10 BICYCLES 20	- STRETCH 2 - 5 MINUTES - 10 SQUATS - 10 CRUNCHES 21	- STRETCH 2 - 5 MINUTES - 5 LUNGES - 30 SEC PLANK 22	- MEDITATE 10 MINUTES - 5 PUSH-UPS - 10 BICYCLES 23
<b>WEEKLY CHALLENGE: CARDIO</b>	HOW MANY STEPS ARE YOU GETTING IN? 24	- 10 JACKS - STRETCH 2 - 5 MINUTES - 10 SQUATS - 10 CRUNCHES 25	- 1 MILE ADD. CARDIO - STRETCH 2 - 5 MINUTES - 5 LUNGES - 30 SEC PLANK 26	- DOUBLE AVG STEPS - MEDITATE 10 MINUTES - 5 PUSH-UPS - 10 BICYCLES 27	- 10 JACKS - STRETCH 2 - 5 MINUTES - 10 SQUATS - 10 CRUNCHES 28	- 1 MILE ADD. CARDIO - STRETCH 2 - 5 MINUTES - 5 LUNGES - 30 SEC PLANK 29	- DOUBLE AVG STEPS - MEDITATE 10 MINUTES - 5 PUSH-UPS - 10 BICYCLES 30
<b>YOU DID IT!</b>	REST, YOU DID IT! 31						

EVERY DAY: WALK/RUN 1 MILE & DRINK 2 LITERS H2O