

MakeTimeForFit

January 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			TAG #MAKETIMEFORFIT EACH DAY YOU COMPLETE CHALLENGE	1 Wake up and drink 8 oz of cold water	2 20 push ups when you wake up and 20 before bed	3 1 min plank 50 crunches 1 min plank repeat 3 times
4 20 squats 20 alt. lunges repeat 5 times	5 Write a list of your goals for the day, month and year	6 TIME IT 100 BURPEES	7 10 tuck jumps 20 mt climbers 30 squats 40 lunges repeat 5 times	8 Any time you microwave something do a squat hold until it's ready	9 20 sumo squats 20 narrow squats 20 pop squats (wide to narrow)	10 Drink ONLY water all day
11 Plan your meals for the week.	12 TABATA: 20 seconds on 10 seconds off 4 minutes Jump squats	13 TIME IT 100 BURPEES CAN YOU BEAT January 6 TH ?	14 20 burpees -5 regular -5 chest2ground -5 c2g star jump -5 c2g tuck jump	15 25 chair dips 25 push ups 25 squats 25 jumping jacks	16 25 crunches 25 bicycles 25 reverse crunches 25 russian twists	17 Wall sit any time you microwave something – entire time!
18 30 high knees 20 push ups 10 squat jumps repeat 5 times	19 Walk/run a mile	20 Eat 2 green veggies in at least 2 of your meals	21 Plank 60 seconds 20 crunches Plank 30 seconds 20 bicycle crunches repeat 3 times	22 Go for a hike/run outside!	23 TABATA: 20 seconds on 10 seconds off 4 minutes Jump Rope	24 10 tuck jumps 10 sumo squats 10 burpees 10 push ups 5 times
25 Try a new class at the gym or outdoor fitness group	26 Do 10 squats before you use the bathroom	27 Go for a walk on your lunch break	28 Go to a yoga class	29 Foam roll	30 10 jump squats 50 mt climbers 20 Russian twists 5 times	31 Reassess goals from Jan 5 – write new one for February