



NOVEMBER

SUMMER BODY CHALLENGE

SUN	MON	TUE	WED	THU	FRI	SAT
1 REDUCE BLOATING	2 DRINK MORE WATER	3 10 MIN INTERVAL RUNNING	4 EAT WATERMELON	5 WORKOUT WITH A FRIEND	6 EAT ANTIOXIDANT RICH FOODS	7 DRINK APPLE CIDER VINEGAR
8 WALK 12,000 STEPS	9 GO DAIRY FREE	10 200 SQUAT CHALLENGE	11 HIT THE STAIRS	12 PACK YOUR LUNCH	13 CORE STRENGTH WORKOUT	14 LEAN LEGS WORKOUT
15 TONED ARMS WORKOUT	16 EXERCISE OUTSIDE	17 BERRY BOOST YOUR DIET	18 EAT SUSTAINABLE SEAFOOD	19 KEEP IT FRESH	20 DONT DRINK YOUR CAORIES	21 GET AT LEAST 8 HOURS SLEEP
22 PARK YOUR CAR FURTHER AWAY	23 WALK FASTER	24 AVOID TRIGGER FOODS	25 STOP EATING WHEN YOU'RE FULL	26 CUT THE COFFEE TODAY	27 CUT OUT PROCESSED FOOD	28 INVEST IN A MULTIVITAMIN
29 STOP EATING BEFORE 7PM	30 GET SOME VITAMIN C					

#SMTSUMMERBODYCHALLENGE