## THE FIT BOXX 60 DAY CHALLENGE

## MONTH 1

## MONTH 2

WEEK ONE	1	2	3	4	5	6	7
One Daily Workout Of Choice	0	0	0	0	0	0	0
Drink 64oz of Water	0	0	0	0	0	0	0
Follow A Healthy Diet	0	0	0	0	0	0	0
15 Minutes Of Self Care	0	0	0	0	0	0	0
Read 10pgs Of Non-Fiction	0	0	0	0	0	0	0
A Good Nights Rest	0	0	0	0	0	0	0

WEEK ONE	_ 1 2 3 4 5 6 7
One Daily Workout Of Choice	0000000
Drink 64oz of Water	0000000
Follow A Healthy Diet	0000000
15 Minutes Of Self Care	0000000
Read 10pgs Of Non-Fiction	0000000
A Good Nights Rest	0000000

WEEK TWO	1 2 3 4 5 6 7
One Daily Workout Of Choice	0000000
Drink 64oz of Water	0000000
Follow A Healthy Diet	0000000
15 Minutes Of Self Care	0000000
Read 10pgs Of Non-Fiction	0000000
A Good Nights Rest	0000000

Read 10pgs Of Non-Fiction  A Good Nights Rest  1 2 3 4 5 6 7  One Daily Workout Of Choice  Drink 64oz of Water  Follow A Healthy Diet  15 Minutes Of Self Care  Read 10pgs Of Non-Fiction  A Good Nights Rest		* * * * * * *
WEEK TWO  1 2 3 4 5 6 7  One Daily Workout Of Choice  Drink 64oz of Water  Follow A Healthy Diet  15 Minutes Of Self Care  Read 10pgs Of Non-Fiction	Read 10pgs Of Non-Fiction	0000000
One Daily Workout Of Choice  Drink 64oz of Water  Follow A Healthy Diet  15 Minutes Of Self Care  Read 10pgs Of Non-Fiction	A Good Nights Rest	0000000
One Daily Workout Of Choice  Drink 64oz of Water  Follow A Healthy Diet  15 Minutes Of Self Care  Read 10pgs Of Non-Fiction		
Drink 64oz of Water  Follow A Healthy Diet  15 Minutes Of Self Care  Read 10pgs Of Non-Fiction	WEEK TWO	1 2 3 4 5 6 7
Follow A Healthy Diet  15 Minutes Of Self Care  Read 10pgs Of Non-Fiction	One Daily Workout Of Choice	0000000
15 Minutes Of Self Care  Read 10pgs Of Non-Fiction	Drink 64oz of Water	0000000
Read 10pgs Of Non-Fiction	Follow A Healthy Diet	0000000
	15 Minutes Of Self Care	0000000
A Good Nights Rest	Read 10pgs Of Non-Fiction	0000000
,	A Good Nights Rest	000000

WEEK THREE	1 2 3 4 5 6 7
One Daily Workout Of Choice	0000000
Drink 64oz of Water	0000000
Follow A Healthy Diet	0000000
15 Minutes Of Self Care	0000000
Read 10pgs Of Non-Fiction	0000000
A Good Nights Rest	0000000

WEEK THREE	1 2 3 4 5 6 7
One Daily Workout Of Choice	0000000
Drink 64oz of Water	0000000
Follow A Healthy Diet	0000000
15 Minutes Of Self Care	0000000
Read 10pgs Of Non-Fiction	0000000
A Good Nights Rest	0000000

WEEK FOUR	1	2	.3	4	5	6	7
One Daily Workout Of Choice						0	
Drink 64oz of Water	0	0	0	0	0	0	$\bigcirc$
Follow A Healthy Diet	0	0	0	0	0	0	0
15 Minutes Of Self Care	0	0	0	0	0	0	0
Read 10pgs Of Non-Fiction	0	0	0	0	0	0	0
A Good Nights Rest	0	0	0	0	0	0	0

WEEK FOUR	1	2	3	4	5	6	7
One Daily Workout Of Choice						0	
Drink 64oz of Water	0	0	0	0	0	0	0
Follow A Healthy Diet	0	0	0	0	0	0	0
15 Minutes Of Self Care	0	0	0	0	0	0	0
Read 10pgs Of Non-Fiction	0	0	0	0	0	0	0
A Good Nights Rest	0	0	0	0	0	0	0