

JUL

"You Can't Outrun a Bad Diet" Challenge!

DAILY TIPS FOR SUCCESS

- 1 Complete the designated circuit.
- 2 Drink 1 glass of water before each meal and eat slowly & mindfully
- 3 Nourish mind and body with healthy, whole food (85-95% of the time) and daily physical activity
- 4 Deconstruct cravings. Ask, "Am I truly, physically hungry?"
- 5 Keep a positive mindset and aim for better, not perfection!
- 5 Perform exercises at your own level
- 6 Check in with the FB Group daily

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SUN	MON	TUE	WED	THU	FRI	SAT
1 25 Squats 5 Push-ups 25 Leg Lifts	2 Water with every meal	3 :30 Plank 10 Burpees 10 Tricep Dips	4 Plan Healthy Snacks	5 15 Bicep Curls 15 Step Ups 40 Ab Bicycles	6 Aim for 7-8 Hours of Sleep	7 30 Sumo Squats 20 Reverse Lunges 10 Push-ups 25 crunches
8 Cook all Meals at Home	9 30 Squats 20 Step Ups 10 Push-ups 25 Leg Lifts	10 Focus on Portion Control	11 12 Front Raises 12 Lateral Raises 10 Burpees :30 Plank	12 Water Before & After Meals	13 30 Squats 20 Step ups 12 Push-ups 40 Mt. Climbers	14 Choose your Own Action
15 15 Front Raises 15 Lateral Raises 12 Burpees :30 Plank	16 Meatless Monday & Review your Why!	17 15 Bicep Curls 15 Tricep Dips 14 Burpees 30 Toe Touches	18 Pantry Makeover	19 40 Squats 25 Step-ups (Each Leg) 15 Push-ups	20 Fill up 1/2 Your Plate with Veggies	21 15 Bent-over Rows 20 Shoulder Presses 15 Burpees :45 Plank
22 Plan this week's meals	23 16 Side Lunges 16 Reverse Lunges :60 Plank 12 Burpees	24 Healthy Taco Tuesday	25 20 Bicep Curls 20 Tricep Dips 20 Burpees 40 Ab Bicycles	26 Plan your Grocery Trip/ Read Food Labels	27 40 Squats :120 Plank 25 Step-ups Each 20 Bent-over Rows	28 Eat Real Food Only
29 40 Squats 20 Step-ups Each 20 Shoulder Presses 20 Side Lunges Each 20 Burpees	30 Practice Gratitude & Be Kind to your Body	31 <i>Congratulations! Give yourself a pat on the back!</i> 				