

SEP

30 Day "Create the Life you Love" Challenge

MONTHLY GOALS

1. Drink 8-10 glasses of water daily
2. Move your body for 30 minutes per day
3. Accountability - check in with the Healthy Living Community
4. Complete daily challenge
5. Plan ahead - failing to plan is planning to fail!
6. Shift your mindset - remove self doubt! Believe in yourself!

SALLYMAEFITNESS.COM

SQUAT SATURDAY	MOVE IT MONDAY	TEST IT TUESDAY	WARRIOR WEDNESDAY	THANKFUL THURSDAY	FOODIE FRIDAY	SUNNY SATURDAY
						1 Opt Outside! Go for a hike with friends or family!
2 Plan out 3 meals for the week + Make your grocery list! 30 Squats!	3 Repeat 2x 15 lateral arm raises 15 dumbbell curls 15 tricep dips 15 bent-over rows	4 Aim to drink 1 full glass of water before each meal! 20 Lunges	5 HIIT! Repeat 2x :20 Jump rope :20 Mt. Climbers :20 high knees :20 Burpees	6 Repeat 2x :30 Plank :30 DB Side Bends :30 Supermans Daily Affirmation	7 Mix 1 can of tuna with mashed avocado, walnuts & craisins! 30 Min. Walk	8 Opt Outside! Go for a 30 minute walk or bike ride!
9 Prep breakfast (see my overnight oats recipe!) 40 Plie Squats!	10 Repeat 2x 15 front arm raises 15 dumbbell curls 15 push-ups 15 upright rows	11 YouTube a NEW workout! I highly recommend Yoga with Adriene! 20 Split Squats	12 HIIT! Repeat 2x :30 Jump rope :30 Mt. Climbers :30 high knees :30 Burpees	13 Repeat 2x :30 Side Plank Dips :30 Leg Raises :30 Salute Planks Work Break Walk!	14 Scramble 4 eggs with 2 handful of spinach, diced mushrooms & onions 30 Min. Walk	15 Opt Outside! 60 minutes of outdoor activity - your choice!
16 Share your favorite meal prep hack with the community! 50 Squats!	17 Repeat 3x 20 lateral arm raises 20 dumbbell curls 20 tricep dips 20 bent-over rows	18 Aim to get 8 hours of sleep - get to bed 30 minutes early! 30 Lunges	19 HIIT! Repeat 3x :30 Jump rope :30 Mt. Climbers :30 high knees :30 Burpees	20 Repeat 3x :30 Plank :30 DB Side Bends :30 Supermans Read for Leisure!	21 Mix 1/2 frozen banana, blueberries, spinach and nut butter for a quick smoothie! 30 Min. Walk	22 Opt Outside! Explore your city via walking or biking!
23 Cook once, eat lots! Make a few items in bulk! 50 Plie Squats!	24 Repeat 3x 20 front arm raises 20 dumbbell curls 20 push-ups 20 upright rows	25 Try a 10 minute meditation - the Calm app is great! 30 Split Squats	26 HIIT! Repeat 2x :45 Jump rope :45 Mt. Climbers :45 high knees :45 Burpees	27 Repeat 3x :30 Side Plank Dips :30 Leg Raises :30 Salute Planks Plan Tomorrow's Schedule out!	28 Chop cukes, kale, & carrots/drizzle with olive oil and lemon for a quick salad! 30 Min. Walk	29 <i>Congrats!</i>