

Your Personal Best

CHALLENGE

TRAINING STUDIO

Guaranteed Results!

Month of Cardio

Burpees + Bicycle Crunches + Jump Squats + Ski Jumps + Mountain Climbers + Happy Thoughts

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Measurements: Resting Heart Rate: ____ Weight: ____ Interval @ Start: ____ Interval Length per exercise: ____	<i>What are you happy about today?</i> Interval per exercise: ____ ☺ Thought: ____	REMEMBER TO TAKE A BEFORE PICTURE Interval per exercise: ____ ☺ Thought: ____	____ Interval per exercise: ____ ☺ Thought: ____	<i>Fit Tip: Enlist support and make it public! Telling folks about your goals increases your chances of success!</i> Interval per exercise: ____ ☺ Thought: ____	____ Interval per exercise: ____ ☺ Thought: ____	____ Post on FB why you are doing this challenge! Interval per exercise: ____ ☺ Thought: ____
____ Feeling Stronger? Interval per exercise: ____ ☺ Thought: ____	____ Interval per exercise: ____ ☺ Thought: ____	____ <i>What are you most proud of? Be in an inspiration and post it on FB!</i> Interval per exercise: ____ ☺ Thought: ____	____ Interval per exercise: ____ ☺ Thought: ____	____ <i>It may hurt a little now, but way less than heart disease later!</i> Interval per exercise: ____ ☺ Thought: ____	____ Interval per exercise: ____ ☺ Thought: ____	____ Remember other exercises will improve your times too! Interval per exercise: ____ ☺ Thought: ____
____ Interval per exercise: ____ ☺ Thought: ____	____ <i>Fit Tip: set small goals with rewards. How are you rewarding yourself for all your hard work?</i> Interval per exercise: ____ ☺ Thought: ____	____ Interval per exercise: ____ ☺ Thought: ____	____ <i>Who inspires you every day? Make their day and tell them!</i> Interval per exercise: ____ ☺ Thought: ____	____ What's motivating you today? Interval per exercise: ____ ☺ Thought: ____	____ Interval per exercise: ____ ☺ Thought: ____	____ How's that body looking? How's the heart pumping? Interval per exercise: ____ ☺ Thought: ____
____ Really look at your abs. look better than 3 weeks ago? Interval per exercise: ____ ☺ Thought: ____	____ Interval per exercise: ____ ☺ Thought: ____	____ POST SOMETHING FUN ON FB! Interval per exercise: ____ ☺ Thought: ____	____ What are you most looking forward to? Interval per exercise: ____ ☺ Thought: ____	____ Interval per exercise: ____ ☺ Thought: ____	____ <i>Fit Tip: Brag about your results! Inspire someone!</i> Interval per exercise: ____ ☺ Thought: ____	____ Interval per exercise: ____ ☺ Thought: ____
Measurements: Resting Heart Rate: ____ Weight: ____ Interval @ Start: ____ Interval per exercise: ____ ☺ Thought: ____	____ <i>Just do it – you're almost done!</i> Interval per exercise: ____ ☺ Thought: ____	____ Who have you helped make happy today? Interval per exercise: ____ ☺ Thought: ____	____ What are you working for? Interval per exercise: ____ ☺ Thought: ____	____ Interval per exercise: ____ ☺ Thought: ____	____ How much did improve this month? Post our final results! Interval per exercise: ____ ☺ Thought: ____	____ Final Picture – How does it look? Interval per exercise: ____ ☺ Thought: ____

YOU CAN DO ANYTHING YOU THINK YOU CAN!

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