

FRESH START - OCTOBER 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	3 - DAY 1!! 30 minutes exercise 8 glasses of H2O 6 hours of sleep	4 Push ups Bridge lifts 1 piece of fruit at every meal 6 hours of sleep	5 Squats High knees Skip all processed foods today. 6 hours of sleep	6 Walking lunges Jumping Jacks Eat greens at every meal. 6 hours of sleep	7 Step ups Tricep dips Eat a fabulous salad. 6 hours of sleep	8 Mtn. Climbers V-sit twist Try a new "clean" recipe. 6+ hours of sleep
9 Rest/Stretch Day Plan & prep meals for week. 6+ hours of sleep	10 Burpees Skaters Eat your meals slowly today. 6+ hours of sleep	11 Plank with options Side-lying leg lifts Eat protein at every meal. 6+ hours of sleep	12 Push ups Bridge lifts Water Wednesday!! 6 + hours of sleep	13 Squats High knees 1 piece of fruit at every meal 7 hours of sleep	14 Walking lunges Jumping Jacks 1 serving of protein at every meal 7 hours of sleep	15 Step ups Tricep dips No eating after 8pm. 7 hours of sleep
16 Rest/Stretch Day Plan & prep meals for week. 8 hours of sleep	17 Mtn. Climbers V-sit twist No Meat Monday. 8 hours of sleep.	18 Burpees Skaters Protein at every meal. 8 hours of sleep	19 Plank with options Side-lying leg lifts 1 piece of fruit at every meal 8 hours of sleep	20 Push ups Bridge lifts Cook a good, healthy dinner for your family. 8 hours of sleep	21 Squats High knees Eat greens at every meal. 8 hours of sleep.	22 Walking lunges Jumping Jacks Make a healthy choice off the menu if you eat out today. 8 hours of sleep

1 minute for each exercise. Record your number of reps. Track progress throughout the month.

FRESH START - OCTOBER 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>16 Rest/Stretch Day</p> <p>Plan & prep meals for week. 8 hours of sleep</p>	<p>24 Step ups Tricep dips</p> <p>No processed foods today. 8 hours of sleep</p>	<p>25 Mtn. Climbers V-sit twist</p> <p>Taste your food today, eat slowly. 8 hours of sleep</p>	<p>26 Burpees Skaters</p> <p>WATER WEDNESDAY 8 hours of sleep</p>	<p>27 Plank with options Side-lying leg lifts</p> <p>Eat 6 different fruits or veggies today 8 hours of sleep</p>	<p>28 Push ups Bridge lifts</p> <p>Choose 2 healthy snacks between meals. 8 hours of sleep</p>	<p>29 Squats High knees</p> <p>Eat an amazing salad.</p>
<p>30 Rest/Stretch Day</p> <p>Plan & prep meals for week. 8 hours of sleep</p>	<p>31 Walking lunges Jumping Jacks</p> <p>Eat only 2-3 pieces of Halloween candy. 8 hours of sleep</p>					

1 minute for each exercise. Record your number of reps. Track progress throughout the month.