

TINY FITNESS SUMMER CHALLENGE - PART 2



Share your “Rest and Reflect” answers creatively with Tiny Fitness on Facebook or Instagram to win prizes!

					15 FRESH FRIDAY Try for five servings of fruit and veggies today!	16 REST AND REFLECT What <u>one</u> word motivates you RIGHT NOW in your health and fitness journey?
17 SUNDAY RUNDAY Add a 15 min jog (or walk-jog) to your day!	18 MAGICAL MONDAY Go for 8 hours of sleep tonight!	19 TINY TUESDAY This week’s tiny change: cook something new (and healthy). If you need inspiration, check out the cookbooks at the studio.	20 WILD WEDNESDAY Bicycle Crunches! Beginner: 20 Int.: 40 Adv.:60	21 THIRSTY THURSDAY Make sure you drink enough water today!	22 FRESH FRIDAY Try for five servings of fruit and veggies today! ...and 10 push-ups.	23 REST AND REFLECT What is your #1 excuse for making choices that aren’t the best for you?
24 SUNDAY RUNDAY Add a 15 min jog (or walk-jog) to your day!	25 MAGICAL MONDAY Go for 8 hours of sleep tonight!	26 TINY TUESDAY This week’s tiny change: Invest in yourself! Take 10 minutes each day to do what <u>you</u> need to move forward - plan a meal, talk to a friend, work out...	27 WILD WEDNESDAY Commando Planks! Beginner: 10 Int.: 20 Adv.:30	28 THIRSTY THURSDAY Make sure you drink enough water today!	29 FRESH FRIDAY Try for five servings of fruit and veggies today!	30 REST AND REFLECT How are you stronger now than you were a month ago?
31 SUNDAY RUNDAY Add a 20 min jog (or walk-jog) to your day!	1 MAGICAL MONDAY Go for 8 hours of sleep tonight!	2 TINY TUESDAY This week’s tiny change: Remove one obstacle from your life. Is it a shirt that you hate seeing in your closet? A water filter pitcher that’s too slow? Worn-out workout shoes?	3 WILD WEDNESDAY Star Jumps! Beginner: 20 Int.: 40 Adv.: 60no breaks, champion!	4 THIRSTY THURSDAY Make sure you drink enough water today!	5 FRESH FRIDAY Try for five servings of fruit and veggies today! ...and 10 push-ups.	6 REST AND REFLECT What does it mean to you to be “fit”?
7 SUNDAY RUNDAY Add a 20 min jog (or walk-jog) to your day!	8 MAGICAL MONDAY Go for 8 hours of sleep tonight!	9 TINY TUESDAY This week’s tiny change: Celebrate one accomplishment from this challenge (without rewarding yourself with something edible). What are you most proud of? How can you keep improving on that thing?	10 WILD WEDNESDAY One-legged (or one-knee) push-ups! Beginner: 10 Int.: 20 Adv.: 30	11 THIRSTY THURSDAY Make sure you drink enough water today!	12 FRESH FRIDAY Try for five servings of fruit and veggies today!	13 REST AND REFLECT How did you do this month on the challenge?

IMPORTANT NOTES:

Work at your own pace and fitness level, and always consult your physician before modifying your exercise program. This fitness challenge is intended to inspire, not to injure! Participate solely at your own risk.