

FRISKY FALL CHALLENGE TRACKER

• WEEK ____ •

Created by @TIU_SHELLEY
seashellsandsitups.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Booty Call							
AMWO							
M1							
M2							
M3							
M4							
M5							
PMWO							
#100byhalloween							
PM Challenge							
Check-in Hashtags							

WEEKLY TOTALS:	
#100byhalloween	
# Booty Calls	
# PMWOs	
# AMWOs	



Share. Love. Inspire. Sweat.