

FRISKY FALL CHALLENGE TRACKER

• WEEK 5 •

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Booty Call	20 mins. Cardio	40 mins. cardio or new pool routine	HUMP day HIIT x2	3 mile walk	INSANE cardio routine	Hike or scenic bike ride	5k
AMWO	Bikini Body Routine 2	Tight & Toned Arms	Inner & Outer Thighs	Sun-Kissed Abs Routine x4	Foam Roller Routine	Hike or scenic bike ride	
M1							
M2							
M3							
M4							
M5							
PMWO	Firksy Fall Abs & Arms					Best Triathlon Stretching Routine	
#100byhalloween							
PM Challenge	Positive Affirmations	Pamper yourself for at least 1 hour	Make your dinner beautiful	Make apple chips	Healthy drinks with friends	Autumn activities like apple picking!	Champagne shower
Check-in Hashtags	#friskyfall #tiuteam	#friskyfall #tiuteam	#friskyfall #tiuteam	#friskyfall #tiuteam	#friskyfall #tiuteam	#TIUSassySaturday	#TIU5k #100byhalloween

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



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