

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TIU Booty Call	HIITy Biity Bikini, YouTube	Bikini Buns & Thighs, YouTube	Yoga, Sunrise Routine, BB2 or various video from YouTube	30 minute jog	Insane Cardio, Printable	Complete a stretching routine or head to a yoga class	Sunday Runday! Complete a 5k
TIU AMWO, 1	Strong Sexy Core, YouTube	Beach Babe Ball Routine, BB3 DVD	Go for a run, spin class, or try a K&K cardio routine like Bikini Cardo, Printable	Total Body Mermaid Workout, YouTube	Ultimate Booty Call, BB3 DVD		
TIU AMWO, 2	Bikini Abs Routine, YouTube	Take me to Sea Routine, Printable		Sunkissed Abs Workout, YouTube	Beach Arm, BB3 DVD or Holiday Cocktail Dress Arm Routine, YouTube		
Meta-D or Bombshell Spell	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
Multi Vitamin[s]	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N
M1							
M2							
M3							
M4							
M5							
Water Intake	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
PMWO							
TIU PM Challenge	Set aside 5 workout outfits for the rest of the week!	Go for a 20 minute walk and try to catch the sunset!	Connect with someone new in the #TIUcommunity	Wear a bright colored lipstick all day today!	Host a healthy happy hour!	Try a new local yoga studio or class	Grocery Shop + Meal Prep
Sea Shells & Sit Ups Challenge (returning during #TIUoffseason)							
#___bySummer	___ miles	___ miles	___ miles	___ miles	___ miles	___ miles	___ miles
Instagram Check-In	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Check-in Hashtags	#BikiniSeries #TIUteam #TIUmerbabe #TIUuseashells #seashellsandsitups	#BikiniSeries #TIUteam #TIUmerbabe #TIUmerbabe #TIUuseashells #seashellsandsitups	#BikiniSeries #TIUteam #TIUmerbabe #TIUmerbabe #TIUuseashells #seashellsandsitups	#BikiniSeries #TIUteam #TIUmerbabe #TIUmerbabe #TIUuseashells #seashellsandsitups	#BikiniSeries #TIUteam #TIUmerbabe #TIUmerbabe #TIUuseashells #seashellsandsitups	#BikiniSeries #TIUteam #TIUmerbabe #TIUmerbabe #TIUuseashells #seashellsandsitups	#BikiniSeries #TIUteam #TIUmerbabe #TIUmerbabe #TIUuseashells #seashellsandsitups

Sea Shells & Sit Ups

Weekly Goals: 1. _____ 2. _____
3. _____ 4. _____

WEEKLY TOTALS	
# ___bySummer	
# Booty Calls	
# PMWOs	
# AMWOs	
Weekly Progress Check-in	Time: _____ Reps: _____

"Fall in love with taking care of yourself. Mind. Body. Spirit."

CREATED BY SHELLEY, @SEASHELLSANDSITUPS
BLOG: SEASHELLSANDSITUPS.COM
FITNESS APPAREL: ETSY.COM/SHOP/BETTERHALFWEDDINGS

