

30 DAY SHAPE UP CHALLENGE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<input type="checkbox"/> DAY 1 WORKOUT	<input type="checkbox"/> DAY 2 WORKOUT	<input type="checkbox"/> DAY 3 WORKOUT	<input type="checkbox"/> DAY 4 • REST •	<input type="checkbox"/> DAY 5 WORKOUT	<input type="checkbox"/> DAY 6 WORKOUT	<input type="checkbox"/> DAY 7 WORKOUT
<input type="checkbox"/> DAY 8 • REST •	<input type="checkbox"/> DAY 9 WORKOUT	<input type="checkbox"/> DAY 10 WORKOUT	<input type="checkbox"/> DAY 11 WORKOUT	<input type="checkbox"/> DAY 12 • REST •	<input type="checkbox"/> DAY 13 WORKOUT	<input type="checkbox"/> DAY 14 WORKOUT
<input type="checkbox"/> DAY 15 WORKOUT	<input type="checkbox"/> DAY 16 WORKOUT	<input type="checkbox"/> DAY 17 • REST •	<input type="checkbox"/> DAY 18 WORKOUT	<input type="checkbox"/> DAY 19 WORKOUT	<input type="checkbox"/> DAY 20 • REST •	<input type="checkbox"/> DAY 21 WORKOUT
<input type="checkbox"/> DAY 22 WORKOUT <hr/> <input type="checkbox"/> DAY 29 WORKOUT	<input type="checkbox"/> DAY 23 WORKOUT <hr/> <input type="checkbox"/> DAY 30 WORKOUT	<input type="checkbox"/> DAY 24 • REST •	<input type="checkbox"/> DAY 25 • REST •	<input type="checkbox"/> DAY 26 WORKOUT	<input type="checkbox"/> DAY 27 WORKOUT	<input type="checkbox"/> DAY 28 • REST •