

Spring to Summer Fitness Challenge! March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Get ready!</p> <p>Weekly Food Challenge: eat breakfast every day!</p> <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> • 10 squats • 30 seconds jog in place • 10 sumo squats • 30 seconds jog in place <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> • 10 bicep curls per arm • 30 seconds arm circles • 20 crunches <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> • 10 side leg lifts per side • 30 seconds jog in place • 10 back leg lifts per side <p style="text-align: right;">4</p>	<ul style="list-style-type: none"> • 15 second bridge plank • 5 pushups • 20 crunches <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> • 30 seconds jog in place • 10 front kicks • 10 punches • 10 jumping jacks <p style="text-align: right;">6</p>	<p>Dance party! Choose 4 of your favorite songs, and just dance it out!</p> <p style="text-align: right;">7</p>
<p>Rest day!</p> <p>Weekly Food Challenge: make a fruit smoothie for a snack</p> <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> • 10 squats • 30 seconds jog in place • 10 sumo squats • 30 seconds jog in place <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> • 10 bicep curls per arm • 30 seconds arm circles • 20 crunches <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> • 10 side leg lifts per side • 30 seconds jog in place • 10 back leg lifts per side <p style="text-align: right;">11</p>	<ul style="list-style-type: none"> • 15 second bridge plank • 5 pushups • 20 crunches <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> • 30 seconds jog in place • 10 front kicks • 10 punches • 10 jumping jacks <p style="text-align: right;">13</p>	<p>Take a walk with your family, friend, pet, or just you and nature!</p> <p style="text-align: right;">14</p>
<p>Rest day!</p> <p>Weekly Food Challenge: choose 1 bad food, and swap it out! (ex: potato chips for almonds)</p> <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> • 12 squats • 30 seconds jog in place • 12 sumo squats • 30 seconds jog in place <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> • 12 bicep curls per arm • 30 seconds arm circles • 20 crunches <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> • 12 side leg lifts per side • 30 seconds jog in place • 12 back leg lifts per side <p style="text-align: right;">18</p>	<ul style="list-style-type: none"> • 20 second bridge plank • 7 pushups • 20 crunches <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> • 30 seconds jog in place • 12 front kicks • 12 punches • 12 jumping jacks <p style="text-align: right;">20</p>	<p>Dance party! Choose 5 of your favorite songs, and just dance it out!</p> <p style="text-align: right;">21</p>
<p>Rest day!</p> <p>Weekly Food Challenge: pack your lunch for work/school!</p> <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> • 15 squats • 45 seconds jog in place • 15 sumo squats • 45 seconds jog in place <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> • 12 bicep curls per arm • 45 seconds arm circles • 30 crunches <p style="text-align: right;">24</p>	<ul style="list-style-type: none"> • 15 side leg lifts per side • 45 seconds jog in place • 15 back leg lifts per side <p style="text-align: right;">25</p>	<ul style="list-style-type: none"> • 20 second bridge plank • 7 pushups • 30 crunches <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> • 45 seconds jog in place • 15 front kicks • 15 punches • 15 jumping jacks <p style="text-align: right;">27</p>	<p>Take a walk with your family, friend, pet, or just you and nature!</p> <p style="text-align: right;">28</p>
<p>Rest day!</p> <p>Weekly Food Challenge: eat a produce item you've never had before</p> <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> • 15 squats • 45 seconds jog in place • 15 sumo squats • 45 seconds jog in place <p style="text-align: right;">30</p>	<ul style="list-style-type: none"> • 12 bicep curls per arm • 45 seconds arm circles • 30 crunches <p style="text-align: right;">31</p>	<p style="text-align: center;">YOU DID IT!!!!</p> <p style="text-align: center;">Get ready for Part 2!</p> <p style="text-align: right;">1</p>	<p style="text-align: right;">2</p>	<p style="text-align: right;">3</p>	<p>happybodyblog.com</p> <p>:)</p> <p style="text-align: right;">4</p>