

BODY BURN 30 EXERCISE CALENDAR



BODY WEIGHT SQUAT

1 10 REP
SET YOUR "WHY"

8 20 REP
REVIEW GOALS

15 30 REP
CARRY HEALTHY SNACKS

22 40 REP
ADD WEIGHT TO EXERCISES

29 50 REP
TRY WHOLE FOODS



BURPEES

2 10 REP
LOSE A STRESSOR

9 20 REP
INCREASE PROTEIN INTAKE

16 30 REP
CUT BACK ADDED SUGAR

23 40 REP
PORTION CONTROL

30 50 REP
GET FRESH AIR! GO FOR A WALK



TOE REACH

3 10 REP
FOCUS ON A FEELING

10 20 REP
REDUCE SODIUM INTAKE

17 30 REP
CROWD OUT FAST FOOD

24 40 REP
30 GRAMS PROTEIN PER MEAL



PUSH UP

4 10 REP
SLEEP 8 HOURS

11 20 REP
DRINK MORE WATER

18 30 REP
GET TO BE EARLIER

25 40 REP
DITCH THE JUNK FOOD



SPLIT LEG LUNGES

5 10 REP
TRACK CALORIES

12 20 REP
USE SMALLER PLATES

19 30 REP
CHECK YOUR PROGRESS

26 40 REP
MEASURE INCHES LOST



MOUNTAIN CLIMBERS

6 10 REP
DITCH SOFT DRINKS

13 20 REP
DO AN EXTRA SET TODAY!

20 30 REP
EAT ONLY WHEN HUNGRY

27 40 REP
FRUIT FOR DESSERT



HIGH KNEES

7 10 REP
CHEAT DAY

14 20 REP
FOCUS ON ATTITUDE

21 30 REP
DO EXTRA REPS. YOU GOT THIS!

28 40 REP
ALWAYS REMEMBER BREAKFAST