

FRISKY FALL CHALLENGE TRACKER

• WEEK 8 • October 27th - November 2nd • FINISH STRONG! •

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	Monday 10/20	Tuesday 10/21	Wednesday 10/22	Thursday 10/23	Friday 10/24	Saturday 10/25	Sunday 10/26
Booty Call	Kettle toning with Kat	Sunrise Routine from Beach Babe DVD	Hump Day HIIT (x2!)	Run, jog, or walk 2 miles OR Swim Workout (x2)	Full Body Spooky Workout	SASSY SATURDAY! Try a new fitness studio with friends	5k Challenge!
AMWO		The BEST Ab Routine	Bikini Series MaliBooty Workout	3 Moves for a Sexy Back Video		#tiumeetup #tiu_____ (your city + state)	
M1							
M2							
M3							
M4							
M5							
PM Challenge	Autumn Sunset Walk or Jog	Plan for Halloween	UNPLUG; light candles, turn off technology. Take an hour to be present	Share the Love! Prepare a #tiuapproved dish & bring it to work or a friend to share	Celebrate Halloween with a cocktail like #tiusparklingrose		CELEBRATE THE FINAL DAY OF YOUR FRISKY FALL CHALLENGE! YOU DID IT!
PMWO/Fun Fact							
#100byhalloween							
Check-in Hashtags	#friskyfall #tiuteam #tiuseashells #100byhalloween	#friskyfall #tiuteam #tiuseashells #tiuapproved	#friskyfall #tiuteam #tiuseashells	#friskyfall #tiumeals #TIUapproved #tiuseashells	#friskyfall #tiuteam #tiuseashells #tiuhalloween	#TIUSassySaturday #friskyfall #tiuteam #tiuseashells #tiumeetup	#TIU5k #100byhalloween
Weekly Goals:	1. Focus on improving _____ 2. Visualize accomplishing: _____ 3. _____ 4. _____						

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

Happy week 8! I am so proud of all of us! Congratulations to an amazing #friskyfall, beach babes!!



Share. Love. Inspire. Sweat.