

FRISKY FALL CHALLENGE TRACKER							
• WEEK 6 • October 13th-19th							
						Created by @TIU_SHELLEY seashellsandsitups.com	
	Monday 10/13	Tuesday 10/14	Wednesday 10/15	Thursday 10/16	Friday 10/17	Saturday 10/18	Sunday 10/19
Booty Call	Swim Workout (1-2x)	Walk, Run or Jog 3 miles	Treadmill Workout	Frisky Fall Cardio Routine	Run 2 miles	Fun, autumn activities!	5k
AMWO	Frisky Fall Full-Body Routine	Love your Arms & Abs with Karena	Mailbooty Routine (x3)	Karena's Triathlon Strength Training	Foam Roller Routine		
M1							
M2							
M3							
M4							
M5		National Dessert Day; make & share your fav TIU approved dessert!					
PMWO/Fun Fact			Hump Day HIIT		3pm Lunge Challenge - Do as many Plyo Lunges as you can & check-in on Twitter!	Check in with 3 new girls in the community!	Clock your fastest 5K - Time: _____ Distance: _____
#100byhalloween							
PM Challenge	Dance it out for 10 mins	Replenish your body	Plan some fun for the weekend	Check in your #TIUapproved meal	Happy Hour Lunges; 10 on the hour, every hour (80 total)	Fun, autumn activities!	
Check-in Hashtags	#friskyfall #tiuteam #tiuseashells	#friskyfall #tiuteam #tiuseashells	#friskyfall #tiuteam #tiuseashells	#friskyfall #tiumeals #TIUapproved #tiuseashells	#friskyfall #tiuteam #tiuseashells	#TIUSassySaturday #friskyfall #tiuteam #tiuseashells	#TIU5k #100byhalloween
Weekly Goals:							

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

"Autumn is the year's last, loveliest smile."
-William Cullen Bryant



Share. Love. Inspire. Sweat.