

HOLIDAY HUNNY WEEKLY TRACKER

• WEEK 3 • NOVEMBER 17th - NOVEMBER 23rd •

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	Monday 11/17	Tuesday 11/18	Wednesday 11/19	Thursday 11/20	Friday 11/21	Saturday 11/22	Sunday 11/23
Booty Call	Beach Babe 2 DVD's 40 minute HIIT or another free HIIT video	30 minute run	Run 2 miles toward #100byChristmas	Love your Body HIIT (x2)	30 minutes of cardio; your choice!	Get active with a group of friends! Cardio of your choice	Sunday Runday 5k!
AM Challenge		Set up an early morning date with a friend & post a #TIUselfie	Take a yoga class at a local studio or complete the Sunrise Routine from Beach Babe 2 DVD	Frisky Fall Arms & Abs Routine	Post a #TIUflexFriday picture	Post a #TIUSassySaturday picture	Reflect on the past week & set your intentions and goals for the week ahead. What are your top 3?
AMWO	The Best Ab Routine (printable only, no video)	Frisky Fall Arms & Abs Routine + Sunkissed Abs from the Beach Babe 2 DVD	Hump Day HIIT		Triple Threat Ab Challenge: 1. Sleek & Slender Abs w Karena 2. Bikini Serie's Sunkissed Abs 3. Toned & Sexy Abs (x3)	Bikini Serie's Bikini Booty Workout Video	Bikini Series Bikini Yoga with Karena
Meta-D or Bombshell Spell							
M1							
M2							
M3							
M4							
M5							
PM Challenge	Go on a 2 mile walk with a friend, your family, or a #TIUpet. Try a new #TIUrecipe for dinner!	Post a picture with your favorite #TIUbreakfast or #TIUapproved breakfast recipe to inspire others to try something new tomorrow	Gratitude check-in: Post a collage with 3 things in your life you're thankful for. #TIUthankful #TIUseashells	Make Brussels Sprouts for dinner! There are a couple in the #TIUplan or I have a really yummy #TIUapproved dijon + maple pomegranite recipe up on seashellsandsitups.com	Try a new local restaurant for lunch, happy hour, or dinner, and challenge yourself to order something #TIUapproved.	Post another #TIUSassySaturday picture of what you're up to this weekend	Plan out your week - grocery shop, meal prep, do laundry/lay out your workout clothes/prep your gym bag, etc.
PMWO							
#100byChristmas							
Check-in Hashtags	#hoidayhunny #tiuteam #tiuseashells #100bychristmas #155bychristmas #falalalaTIU	#hoidayhunny #tiuteam #tiuseashells #100bychristmas #155bychristmas #falalalaTIU	#hoidayhunny #tiuteam #tiuseashells #100bychristmas #155bychristmas #falalalaTIU	#hoidayhunny #tiuteam #tiuseashells #100bychristmas #155bychristmas #falalalaTIU	#TIUflexFriday hoidayhunny #tiuteam #tiuseashells #100bychristmas #155bychristmas #falalalaTIU	#hoidayhunny #tiuteam #tiuseashells #100bychristmas #155bychristmas #tiusassysaturday #tiumentup #falalalaTIU	#TIU5k #hoidayhunny #tiuteam #tiuseashells #100bychristmas #155bychristmas #falalalaTIU

Weekly Goals:	1. Focus on improving _____ 3. _____	2. Visualize accomplishing: _____ 4. _____
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WEEKLY TOTALS	
#100byChristmas	
# Booty Calls	
# PMWOs	
# AMWOs	

"It's not happy people who are thankful, it's thankful people who are happy."



Share. Love. Inspire. Sweat.