

WEEKLY TRACKER by @TIU_Shelley

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• WEEK 7 • LESS THAN 2 WEEKS 'TIL CHRISTMAS! 12.15.14 - 12.21.14

	Monday 12.15	Tuesday 12.16	Wednesday 12.17	Thursday 12.18	Friday 12.19	Saturday 12.20	Sunday 12.21
Booty Call	Squeeze in 2 miles toward #100byChristmas	Holiday Hunny HIIT	20 minutes of cardio [try 2 rounds of Hump Day HIIT!]	Go for a 20 minute run	Holiday Hunny HIIT	Shop 'til you drop! Incorporate some lunges while shopping	Sunday Runday 5k!
AM Challenge	Beach Yoga with Karena	Lift & Tone Booty Routine with Katrina & Spankin' Booty Routine [Printable]	New Year's Eve Cocktail Dress Workout with Katrina	Sleek & Slender Abs with Karena & Holiday Waistline Slimmer [Printable]	Try last week's #7daysofFitmas one full round through! You can find it on seashellsandsitups.com		Attend a #TIUMeetup with local #TIUsisters
AMWO	#7daysofFitmas	#7daysofFitmas	#7daysofFitmas	#7daysofFitmas	#7daysofFitmas	#7daysofFitmas	#7daysofFitmas
Meta-D or Bombshell Spell							
M1							
M2							
M3							
M4							
M5							
PM Challenge	Send your Christmas cards! Don't forget to send a few to your fav TIU sisters!	Bake a batch of healthy #TIUapproved cookies	Get cozy! Break out that Christmas onesie, get together with friends, or enjoy much needed YOU time!	Make DIY gifts for friends, co-workers, family, or neighbors	Plan a fun holiday night with friends!		Prep your meals for next week!
PMWO							
#100byChristmas							
#7DaysofFitMas	100 Bicycle Crunches	20 Push Ups [x2 if you're feeling daring!] + 100 Bicycles	50 Plank Jacks + 20 Push Ups + 100 Bicycles	50 Jumping Jacks + 50 Plank Jacks + 20 Push Ups + 100 Bicycles	25 Tricep Dips + 50 Jumping Jacks + 50 Plank Jacks + 20 Push Ups + 100 Bicycles	50 Scissor Kicks + 25 Tricep Dips + 50 Jumping Jacks + 50 Plank Jacks + 20 Push Ups + 100 Bicycles	50 Leg-Up Sit Ups + 50 Scissor Kicks + 25 Tricep Dips + 50 Jumping Jacks + 50 Plank Jacks + 20 Push Ups + 100 Bicycles
Check-in Hashtags	#hoidayhunny #tiuteam #tiuseashells #100bychristmas #155bychristmas #falalalaTIU #7daysofFitmas	#hoidayhunny #tiuteam #tiuseashells #100bychristmas #155bychristmas #falalalaTIU #7daysofFitmas	#hoidayhunny #tiuteam #tiuseashells #100bychristmas #155bychristmas #falalalaTIU #7daysofFitmas	#hoidayhunny #tiuteam #tiuseashells #100bychristmas #155bychristmas #falalalaTIU #7daysofFitmas	#TIUflexFriday hoidayhunny #tiuteam #tiuseashells #100bychristmas #155bychristmas #falalalaTIU #7daysofFitmas	#hoidayhunny #tiuteam #tiuseashells #100bychristmas #155bychristmas #tiusassysaturday #tiumeetup #falalalaTIU #7daysofFitmas	#TIU5k #hoidayhunny #tiuteam #tiuseashells #100bychristmas #155bychristmas #falalalaTIU #tiumeetup #7daysofFitmas
Weekly Goals:	1. Focus on improving _____ 3. _____ 2. Visualize accomplishing: _____ 4. _____						

WEEKLY TOTALS

#100byChristmas

Booty Calls

PMWOs

AMWOs

"Christmas waves a magic wand over this world, and behold, everything is softer and more beautiful."

-Norman Vincent Peale

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BLOG: SEASHELLSANDSITUPS.COM
FITNESS APPAREL: ETSY.COM/SHOP/BETTERHALFWEDDINGS



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TIU Weekly Calendar • Monthly Calendar Schedule
Shelley's additional workouts • challenges