

WEEKLY TRACKER by @TIU_Shelley							Created by @TIU_SHELLEY seashellsandsitups.com
• WEEK 1 • TIU LOVE YOUR BODY & TUMS & GUNS with Shelley & Shelby! 12.29.14 - 1.4.15							
	Monday 12.29	Tuesday 12.30	Wednesday 12.31	Thursday 1.1	Friday 1.2	Saturday 1.3	Sunday 1.4
Booty Call	30 minutes of cardio	30 minute run	30 minutes of cardio	Yoga with Karena	Cupid's Cardio	3 rounds of Love your Abs	Sunday Runday! 5k
AM Challenge	Wild Child Routine	Spankin' Booty Routine	Quickie Workout	HAPPY NEW YEAR & First official day of TIU's Love your Body Series & Tums & Guns with Shelley & Shelby!	Love your Total Body Routine		
AMWO	#TIUTumsandGuns	#TIUTumsandGuns	#TIUTumsandGuns	#TIUTumsandGuns	#TIUTumsandGuns	#TIUTumsandGuns	#TIUTumsandGuns
Meta-D or Bombshell Spell							
M1							
M2							
M3							
M4							
M5							
PM Challenge	Share your top 5 #LoveyourBody goals #TIUTeam			Journal your goals; focus on what you want to achieve the next 6 weeks and how you want to feel this Valentine's	Register & commit to a 5k! You can do it!		
PMWO	Cocktail Dress Workout						
#100byValentines #100byVday							
#TIUTumsandGuns	20 sit ups	30 sit ups	40 sit ups	10 second arm circles 15 sit ups 10 bicycle crunches 25 flutter kicks 5 push ups	10 jumping jacks 15 sit ups 30 second plank 25 mountain climbers 5 crunches	20 sit ups 20 leg raises 10 burpees 10 plank jacks 5 tricep dips	20 sit ups 15 bicycle crunches 30 flutter kicks 7 push ups
Check-in Hashtags	#loveyourbody #TIUteam #TIUTumsandGuns #100byValentines #tiuseashells	#loveyourbody #TIUteam #TIUTumsandGuns #100byValentines #tiuseashells	#loveyourbody #TIUteam #TIUTumsandGuns #100byValentines #tiuseashells	#loveyourbody #TIUteam #TIUTumsandGuns #100byValentines #tiuseashells	#loveyourbody #TIUteam #TIUTumsandGuns #100byValentines #tiuseashells	#loveyourbody #TIUteam #TIUTumsandGuns #100byValentines #TIUassySaturday #tiuseashells	#loveyourbody #TIUteam #TIUTumsandGuns #100byValentines #tiuseashells
TOP 5 GOALS FOR THE LYB SERIES	1. Focus on improving _____ 2. Visualize accomplishing: _____ 3. _____ 4. _____ 5. _____						

WEEKLY TOTALS	
#100byValentines #100byVday	
# Booty Calls	
# PMWOs	
# AMWOs	

"Embrace and love your body;
it's the most amazing thing you'll ever own."



Share. Love. Inspire. Sweat.

CREATED BY SHELLEY
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 FITNESS APPAREL: ETSY.COM/SHOP/BETTERHALFWEDDINGS

KEY: TIU Weekly Calendar + Monthly Calendar Schedule
 Additional workouts + challenges