

WEEKLY TRACKER by @TIU_Shelley								Created by @TIU_SHELLEY
• WEEK 3 • LOVE YOUR BODY + TUMS & GUNS CHALLENGES! 1.12.15 - 1.18.15								seashellsandsitups.com
seashellsandsitups.com								
	Monday 1.12	Tuesday 1.13	Wednesday 1.14	Thursday 1.15	Friday 1.16	Saturday 1.17	Sunday 1.18	
TIU Booty Call	40 minutes of cardio	Love your Legs & Booty [YouTube + Printable]	Run 2 miles toward #100byVday	Love your Body with Kettlebells [YouTube + Printable]	2-3 miles toward #100byVday	30 minutes of cardio toward #100byVday	Sunday Runday 5k!	
TIU AMWO	Triple Ab Challenge: 1. Love your Abs 2. 3 Moves for Sleek Abs 3. Sunkissed Abs [YouTube + Beach Babe 2 DVD]	TIU's New Cardio Routine being released today	Love your Body with Yoga [YouTube]	Love your Body Routine with Katrina [YouTube]	Arms + Abs HIIT Routine [Printable]	Wild Child Routine [Printable]	Attend a #TIUMeetup with local #TIUsisters	
AMWO	#tiuTUMSandGUNS	#tiuTUMSandGUNS	#tiuTUMSandGUNS	#tiuTUMSandGUNS	#tiuTUMSandGUNS	#tiuTUMSandGUNS	#tiuTUMSandGUNS	
Meta-D or Bombshell Spell								
M1								
M2								
M3								
M4								
M5								
Water Intake	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	
PMWO								
TIU PM Challenge	Wash your makeup brushes!	Connect with someone new & check your local #tiu_____ (city) check-ins to join members in your area!	Rock a bold lip color today & treat yourself to something beautiful	Pamper yourself with a beautifying mask	Make your favorite lean, clean & green recipe	Get together with friends	Grocery Shop & Meal Prep	
Tums & Guns Info	The #tendaytrimdown starts on Wednesday! Set your intentions & meal plan tonight.	Go grocery shopping for the Tums & Guns' Ten Day Trim Down starting tomorrow! Meal prep your week's meals to start off on the right foot.	Happy day 1 of the Ten Day Trim Down! You can do this! Remember abs are made in the kitchen and revealed through workouts!	Day 2: Ten Day Trim Down	Day 3: Ten Day Trim Down	Day 4: Ten Day Trim Down	Day 5: Ten Day Trim Down	
#100byVday								
#tiuTUMSandGUNS	REST DAY or 45 sit ups, 35 leg raises, 25 burpees, 25 plank jacks, 20 tricep dips	25 jumping jacks, 50 sit ups, 30 bicycles, 45 flutter kicks, 15 push ups	30 second arm circles, 55 sit ups, 55 second plank, 45 mtn. climbers, 30 crunches	REST DAY or 55 sit ups, 40 leg raises, 30 burpees, 30 plank jacks, 25 tricep dips	30 jumping jacks, 60 sit ups, 35 bicycles, 50 flutter kicks, 15 push ups	35 second arm circles, 65 sit ups, 60 second plank, 50 mtn. climbers, 35 crunches	REST DAY or 70 sit ups, 45 leg raises, 35 burpees, 35 plank jacks, 30 tricep dips	
Check-in Hashtags	#tiuteam #tiuseashells #tiuloveyourbody #seashellsandsitups #tiutumsandguns	#tiuteam #tiuseashells #tiuloveyourbody #seashellsandsitups #tiutumsandguns	#tiuteam #tiuseashells #tiuloveyourbody #seashellsandsitups #tiutumsandguns #tendaytrimdown	#tiuteam #tiuseashells #tiuloveyourbody #seashellsandsitups #tiutumsandguns #tendaytrimdown	#tiuteam #tiuseashells #tiuloveyourbody #seashellsandsitups #tiutumsandguns #tendaytrimdown	#tiuteam #tiuseashells #tiuloveyourbody #seashellsandsitups #tiutumsandguns #tendaytrimdown	#tiuteam #tiuseashells #tiuloveyourbody #seashellsandsitups #tiutumsandguns #tendaytrimdown	
Weekly Goals:	1. Focus on improving eating habits by joining the #tendaytrim with fellow #tiutumsandguns challengers! 3. _____ 2. Visualize accomplishing: _____ 4. _____							
WEEKLY TOTALS								
#100byVday								
# Booty Calls								
# PMWOs								
# AMWOs								
Quote of the week: "You don't have to eat less, you just have to eat right."								
CREATED BY SHELLEY INSTAGRAM + TWITTER: @TIU_SHELLEY BLOG: SEASHELLSANDSITUPS.COM FITNESS APPAREL: ETSY.COM/SHOP/BETTERHALFWEDDINGS								
<div><div></div><div></div></div> <div>TIU Weekly Calendar + Monthly Calendar Schedule Shelley's additional workouts + challenges</div>								