

WEEKLY TRACKER by @seashellsandsitups

Created by @seashellsandsitups

seashellsandsitups.com

• WEEK ONE • BIKINI SERIES TIU CHALLENGE, 2015

seashellsandsitups.com

	Monday 4.13	Tuesday 4.14	Wednesday 4.15	Thursday 4.16	Friday 4.17	Saturday 4.18	Sunday 4.19
TIU Booty Call	30-45 minutes HIIT	Mermaid Routine [new]	30 minutes of cardio	Morning Yoga	30-45 minutes HIIT [BB2 DVD or Hump Day HIIT x2, YouTube]	Coconut Core [BB3 DVD]	Sunday Runday, 5k!
TIU AMWO, 1	Sunkissed Abs [BB2 DVD]		Bikini Booty Routine [YouTube]	Try a new class at a local studio OR the Sunrise Routine [BB2 DVD]			
TIU AMWO, 2	Strong Sexy Core [YouTube]		Hula Booty [BB2]	Beach Arms [BB3 DVD]			
Meta-D or Bombshell Spell	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
M1							
M2							
M3							
M4							
M5							
Water Intake	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
PMWO							
TIU PM Challenge	Set your #BikiniSeries intentions; write down your top 5 goals for the next 8 weeks	Plan a workout date with another #tiumberbabe	Try something new!	Take an evening stroll	Go dancing with your BFFs!		
Rumps & Stumps							
#____bySummer	____ miles	____ miles	____ miles	____ miles	____ miles	____ miles	____ miles
Instagram Check-In	☐	☐	☐	☐	☐	☐	☐
Check-in Hashtags	#BikiniSeries #TIUteam #TIUintentions #TIUmerbabes #TIUseashells #seashellsandsitups	#BikiniSeries #TIUteam #TIUmerbabe #TIUmerbabes #TIUseashells #seashellsandsitups	#BikiniSeries #TIUteam #TIUmerbabe #TIUmerbabes #TIUseashells #seashellsandsitups	#BikiniSeries #TIUteam #TIUmerbabe #TIUmerbabes #TIUseashells #seashellsandsitups	#BikiniSeries #TIUteam #TIUmerbabe #TIUmerbabes #TIUseashells #seashellsandsitups	#BikiniSeries #TIUteam #TIUmerbabe #TIUmerbabes #TIUseashells #seashellsandsitups	#BikiniSeries #TIUteam #TIUmerbabe #TIUmerbabes #TIUseashells #seashellsandsitups

Weekly Goals:

1. _____

2. _____

3. _____

4. _____

WEEKLY TOTALS

#____bySummer	
# Booty Calls	
# PMWOs	
# AMWOs	

Quote of the week: "Bikini's speak louder than words."

CREATED BY SHELLEY

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