

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TIU Booty Call	45 minutes of cardio	NEW Bikini HIIT Routine	30 minutes of medium-intensity cardio, like the Jump your Heart Out Workout	Ultimate Booty Call Workout, BB3 DVD	Cardio of your choice!	Get outside and workout for an hour!	Sunday Runday 5k
TIU AMWO, 1	String Bikini Workout, BB2 or Beach Barre, BB3	Sleek & Slender Abs with Karena	Caribbean Kettlebell, BB3 DVD	Stairmill HIIT Workout	Workout of your choice! Browse all TIU workouts under their 'Fitness' tab, or browse TIU YouTube's channel	Beach Ball Workout, BB3 DVD	Set the Bar, BB2 DVD
TIU AMWO, 2	Beach Bombshell, BB3 DVD		KettleToning, YouTube + Daisy Duke Workout, Printable	Bikini Arms Routine			
Meta-D or Bombshell Spell	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
Multi Vitamin[s]	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N
M1	GF Oatmeal	Protein Pancake	3 Berry Bliss Bars + 8oz Almond Milk	GF Oatmeal + Flaxseed + Fruit + Walnuts	Protein Pancake + Fruit + Nuts	3 Berry Bliss Bars + 8oz Almond Milk	Perfect Morning Quinoa + Almond Milk
M2	1 Berry Bliss Bar + 8oz Almond Milk	1 Berry Bliss Bar + 8oz Almond Milk	Greek Yogurt + Cinnamon + Fruit + Chia Seeds	1 Berry Bliss Bar + 8oz Almond Milk	Greek Yogurt + Cinnamon + Fruit + Chia Seeds	Coconut Water + Greek Yogurt + Fruit	1 Blueberry Oat Bar + Almond Milk
M3	Kale Chips + Guac + HB Egg + Piece of Fruit	Quinoa + Black Beans + Salsa + Avocado	Pasta Salad	Quinoa + Black Beans + Salsa + Avocado	Pasta Salad	Kale Chips + Guac + HB Egg + Piece of Fruit	Baja Burrito Bowl + Fruit
M4	Edamame Dill Salad	1 Cup Edamame	Edamame Dill Salad	Wanuts + Coconut + Mango	Edamame Dill Salad	Wanuts + Coconut + Mango	Lemon, Spinach, Chickpea Salad
M5	Quinoa Pesto Bowl	Eggplant Ragu	Quinoa Pesto Bowl	Tofu Stir Fry	Quinoa Pesto Bowl	Your Favorite Shore Thing	Pesto Quinoa Bowl + Grilled Tofu
Water Intake	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
PMWO							
TIU PM Challenge	Journal for 15 minutes about your upcoming week.	Sip on lemon water throughout the day, between meals	Send yourself some love!	Evening Stretch	Happy Hour Workout	Get ready to record your progress with Set the Bar	Grocery Shop + Meal Prep
Sea Shells & Sit Ups Challenge [returning during #TIUoffseason]							
# ____ bySummer	____ miles	____ miles	____ miles	____ miles	____ miles	____ miles	____ miles
Instagram Check-In	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐
Check-in Hashtags	#BikiniSeries #TIUteam #TIUmerbabe #TIUuseashells #seashellsandsitups	#BikiniSeries #TIUteam #TIUmerbabe #TIUmerbabe #TIUuseashells #seashellsandsitups	#BikiniSeries #TIUteam #TIUmerbabe #TIUmerbabe #TIUuseashells #seashellsandsitups	#BikiniSeries #TIUteam #TIUmerbabe #TIUmerbabe #TIUuseashells #seashellsandsitups	#BikiniSeries #TIUteam #TIUmerbabe #TIUmerbabe #TIUuseashells #seashellsandsitups	#BikiniSeries #TIUteam #TIUmerbabe #TIUmerbabe #TIUuseashells #seashellsandsitups	#BikiniSeries #TIUteam #TIUmerbabe #TIUmerbabe #TIUuseashells #seashellsandsitups

Weekly Goals:	1. _____	2. _____
	3. _____	4. _____

WEEKLY TOTALS	
# ____ bySummer	
# Booty Calls	
# PMWOs	
# AMWOs	

Quote of the week: "Bikinis speak louder than words."

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