

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Seashells & Sit Ups WOD	Holiday Havoc	Camping WOD	The 15s	Merbabe WOD	Fineapple WOD	Spring Break WOD	December Dominoes
TIU FitForFall	The Best Ab Routine	Busy Babe Ab Routine + 3 Moves for a Sexy Upper Back + 3 Moves to Toned Thighs	Bikini Buns & Thighs Routine + Beautiful Body Workout + Coconut Core & Booty	Sleek & Slender Abs with Karena + Sexy Sculpted Shoulders	Frisky Fall Arms & Abs Routine + Frisky Fall Full Body Toning	Bikini Series Kettlebells Workout	Sunday Runday 2-3 miles toward #100forCharity
BBG	Legs + Cardio	LISS (35-45 mins)	Arms + Abs	LISS (35-45 mins)	Full Body	LISS (35-45 mins) + Rehab	
Health Boost	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
Multi Vitamin[s]	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N
M1	Smoothie	GF Pancakes	2-Egg & Veggie Scramble	Smoothie	GF Pancakes	2-Egg & Veggie Scramble	Seashells & Sit Ups' Pumpkin Bread
M2	2 Hard Boiled Eggs + Small Handful Unsalted Nuts	Apple + Nut Butter	Seashells & Sit Ups Pumpkin Bread	2 Hard Boiled Eggs + Small Handful Unsalted Nuts	Apple + Nut Butter or Smoothie	2 Hard Boiled Eggs + Small Handful Unsalted Nuts	Apple + Nut Butter or Smoothie
M3	Spinach Salad + Protein	Spinach Salad + Leftover BBQ Chicken	Leftover Zucchini Lasagna + 1 Piece of Fruit	Leftover Chicken Pesto Bowl	Leftover Teriyaki Burgers + Sides	Leftover Philly Stuffed Peppers + Spinach Salad	Leftover Taco Salad
M4	Seashells & Sit Ups Pumpkin Bread	Veggies + Hummus	2 Hard Boiled Eggs + Small Handful Unsalted Nuts	Banana + Nut Butter	2 Hard Boiled Eggs + Small Handful Unsalted Nuts	Banana + Nut Butter or Smoothie	2 Hard Boiled Eggs + Small Handful Unsalted Nuts
M5	BBQ Chicken + Grilled Peaches + Grilled Veggies	Zucchini Lasagna + Cooked Carrots	Chicken Pesto Bowl	Teriyaki Burgers + Sweet Potato + Grilled Pineapple	Philly Stuffed Peppers + Salad + Fruit	Taco Salad	Fried 'Rice' + Garlic Shrimp + Grilled Zucchini
Water Intake	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Cardio	2 miles + Insane Cardio [TIU]	Hump Day HIIT	Fit For Fall Cardio Routine + Evening Walk	2.5 miles + Fit For Fall HIIT [TIU]	2-3 mile Run	Hump Day HIIT	Sunday Runday 3 miles [TIU #100forCharity]
PM Challenge [TIU FitForFall]	20 minute walk	Schedule 3 appointments you've been putting off	Go for an Evening Walk	Unwind with Herbal Tea	Foam Rolling Moves	Try a new, local studio or attend a local TIU Meetup	Grocery Shop + Meal Prep
Beach Please Wellness Challenge	Drink half your weight [in ounces] of water today	Post a motivational quote to Instagram	Write 5 goals you want to accomplish the rest of the week	Drink half your weight [in ounces] of water today	Do the Fineapple WOD three times through instead of 1 or 2. Record your time.	Reflect on your goals from earlier this week. Have you accomplished them?	Soak up the sunshine! Get outside and do something that makes your soul shine.
# of miles	_____ miles	_____ miles	_____ miles	_____ miles	_____ miles	_____ miles	_____ miles
Daily food logged	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐
Accountability Contact							
Weekly Goals:	1. _____ 2. _____ 3. _____ 4. _____						

WEEKLY TOTALS	
# of miles	
# Cardio Sessions	
# PMWOs	
# AMWOs	
Weekly Progress Check-in	Time: _____ Reps: _____

"Fall in love with taking care of yourself. Mind. Body. Spirit."

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