

GET FIT, GIVE THANKS CHALLENGE

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#GETFITGIVETHANKS

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
Morning cup of hot water + lemon							
TIU							
BBG							
Health Boost	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
Multi Vitamin[s]	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N
M1							
M2							
M3							
M4							
M5							
Water Intake	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Cardio							
#getfitgivethanks WOD	WEEKEND WOD	SHELLEY'S ABS + LEGS CIRCUIT	GET MOVIN' WOD	HUMP DAY WOD	COFFEE TABLE WOD	SKELETON WOD	BEACH WOD
#getfitgivethanks Gratitude Challenge	Go find a fountain and make penny wishes with your kids, friends, or significant other	It's Monday so spread some extra love today. Buy someone's coffee for them today.	Donate to a local shelter. Old books, clothes, baby gear, shoes, etc.	Reach out to someone you haven't spoken to in awhile. Or forgive someone for something old and let it go.	Give the first Thanksgiving dinner toast and tell the table what you're thankful for.	Mke breakfast for your family or a friend, or treat someone to brunch.	Make a list of 5 things you aim to accomplish BEFORE the new year.
# 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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