






























JUST DO SOMETHING

30-DAY CHALLENGE  +  fitbit.

Number of reps, steps, or time = total throughout the day.
You can break it up into as many sets as you want.

DAY 1 3 60-Second Planks 	DAY 2 50 Push-ups 	DAY 3 5 60-Second Wall-sits 	DAY 4 50 Squats 	DAY 5 30 Burpees 	DAY 6 10,000 Steps (about 5 miles) 
DAY 7 50 Mountain Climbers 	DAY 8 40 Push-ups 	DAY 9 11,000 Steps (about 5.5 miles) 	DAY 10 50 Lunges Per Leg 	DAY 11 10 Minutes of Running Stairs 	DAY 12 100 Calf Raises 
DAY 13 3-Song Dance Party (just keep moving!) 	DAY 14 40 Triceps Dips 	DAY 15 10 Minutes of Jumping Rope 	DAY 16 60 Reverse Lunges Per Leg 	DAY 17 40 Push-ups 	DAY 18 50 Squat Jumps 
DAY 19 12,000 Steps (about 6 miles) 	DAY 20 5-Minute Meditation 	DAY 21 3 90-Second Wall-sits 	DAY 22 4 30-Second Side Planks Per Side 	DAY 23 10 Minutes of Running Stairs 	DAY 24 50 Triceps Dips 
DAY 25 Treat Yo'self! 	DAY 26 10,000 Steps (about 5 miles) 	DAY 27 10-Minute Meditation 	DAY 28 50 Lunge Jumps 	DAY 29 40 Burpees 	DAY 30 5 60-Second Planks 