



Pushups, Situps & Squats Challenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
■ 30 Pushups 30 Situps 30 Squats	■ 30 Pushups 30 Situps 30 Squats	■ 30 Pushups 30 Situps 30 Squats	■ 30 Pushups 30 Situps 30 Squats	■ 30 Pushups 30 Situps 30 Squats	■ 30 Pushups 30 Situps 30 Squats	■ 30 Pushups 30 Situps 30 Squats	
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■ 30 Pushups 30 Situps 30 Squats	■ 30 Pushups 30 Situps 30 Squats	"Leap and the net will appear" - Julia Cameron					

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