



# FEBRUARY 2020



## LOVE YOURSELF MONTHLY CHALLENGE

**BONUS DAILY GOAL: 8 glasses of water (1 glasses = 8 oz) and 1 thing that made you smile today.**

**SATURDAYS: 30 min walk, jog, or run**

**SUNDAYS: 20 min of yoga, stretching, or meditation**

|               | MON  | TUE  | WED   | THU   | FRI   |  |  |   |
|---------------|--|--|---|---|---|--|--|---|
| <b>WEEK 1</b> | <b>3</b><br>20 Squats<br>5 Tricep Dips<br>20 Russian Twists<br>5 Lying Leg Lifts<br>20 Jumping Jacks | <b>4</b><br>20 Lunges<br>10 Glute Bridges<br>5 Push-ups<br>10 Crunches<br>:30 Plank    | <b>5</b><br>30 Squats<br>7 Tricep Dips<br>30 Russian Twists<br>10 Lying Leg Lifts<br>30 Jumping Jacks   | <b>6</b><br>26 Lunges<br>15 Glute Bridges<br>8 Push-ups<br>20 Crunches<br>1 min Plank   | <b>7</b><br>40 Squats<br>10 Tricep Dips<br>40 Russian Twists<br>15 Lying Leg Lifts<br>40 Jumping Jacks    |  |  |   |
|               | <b>WEEK 2</b>  | <b>10</b><br>30 Lunges<br>20 Glute Bridges<br>10 Push-ups<br>30 Crunches<br>1:15 Plank | <b>11</b><br>50 Squats<br>12 Tricep Dips<br>50 Russian Twists<br>20 Lying Leg Lifts<br>50 Jumping Jacks | <b>12</b><br>40 Lunges<br>25 Glute Bridges<br>15 Push-ups<br>40 Crunches<br>1:30 Plank  | <b>13</b><br>60 Squats<br>15 Tricep Dips<br>60 Russian Twists<br>25 Lying Leg Lifts<br>70 Jumping Jacks   | <b>14</b> <br>50 Lunges<br>30 Glute Bridges<br>18 Push-ups<br>50 Crunches<br>1:45 Plank |  |   |
|               |  | <b>WEEK 3</b>  | <b>17</b><br>65 Squats<br>17 Tricep Dips<br>70 Russian Twists<br>30 Lying Leg Lifts<br>80 Jumping Jacks | <b>18</b><br>60 Lunges<br>35 Glute Bridges<br>20 Push-ups<br>60 Crunches<br>2 min Plank | <b>19</b><br>75 Squats<br>20 Tricep Dips<br>80 Russian Twists<br>35 Lying Leg Lifts<br>90 Jumping Jacks   | <b>20</b><br>70 Lunges<br>40 Glute Bridges<br>25 Push-ups<br>70 Crunches<br>2:15 Plank   | <b>21</b><br>80 Squats<br>22 Tricep Dips<br>90 Russian Twists<br>40 Lying Leg Lifts<br>100 Jumping Jacks   |   |
|               |  |  | <b>WEEK 4</b>   | <b>24</b><br>80 Lunges<br>45 Glute Bridges<br>30 Push-ups<br>80 Crunches<br>2:30 Plank  | <b>25</b><br>90 Squats<br>25 Tricep Dips<br>100 Russian Twists<br>45 Lying Leg Lifts<br>125 Jumping Jacks | <b>26</b><br>90 Lunges<br>50 Glute Bridges<br>35 Push-ups<br>90 Crunches<br>2:45 Plank   | <b>27</b><br>100 Squats<br>30 Tricep Dips<br>120 Russian Twists<br>50 Lying Leg Lifts<br>150 Jumping Jacks | <b>28</b><br>100 Lunges<br>60 Glute Bridges<br>40 Push-ups<br>100 Crunches<br>3 min Plank |

# WEEK 1

## FEBRUARY CHALLENGE

### Tasks:

For Sunday and Saturday - circle the movement(s) you chose

Circle the amount of glasses of water you drank

Write a brief sentence on something that created happiness for YOU!

S

- Fitness Challenge:      Yoga                      Stretching                      Meditation
- Glasses of water:      1      2      3      4      5      6      7      8      8+!!
- Daily Smile: \_\_\_\_\_

M

- Fitness Challenge Day 3
- Glasses of water:      1      2      3      4      5      6      7      8      8+!!
- Daily Smile: \_\_\_\_\_

T

- Fitness Challenge Day 4
- Glasses of water:      1      2      3      4      5      6      7      8      8+!!
- Daily Smile: \_\_\_\_\_

W

- Fitness Challenge Day 5
- Glasses of water:      1      2      3      4      5      6      7      8      8+!!
- Daily Smile: \_\_\_\_\_

TH

- Fitness Challenge Day 6
- Glasses of water:      1      2      3      4      5      6      7      8      8+!!
- Daily Smile: \_\_\_\_\_

F

- Fitness Challenge Day 7
- Glasses of water:      1      2      3      4      5      6      7      8      8+!!
- Daily Smile: \_\_\_\_\_

S

- Fitness Challenge:      Walk                      Jog                      Run
- Glasses of water:      1      2      3      4      5      6      7      8      8+!!
- Daily Smile: \_\_\_\_\_



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# WEEK 2

## FEBRUARY CHALLENGE

### Tasks:

For Sunday and Saturday - circle the movement(s) you chose

Circle the amount of glasses of water you drank

Write a brief sentence on something that created happiness for YOU!

S

- Fitness Challenge:      Yoga                      Stretching                      Meditation
- Glasses of water:      1    2    3    4    5    6    7    8    8+!!
- Daily Smile: \_\_\_\_\_  
\_\_\_\_\_

M

- Fitness Challenge Day 10
- Glasses of water:      1    2    3    4    5    6    7    8    8+!!
- Daily Smile: \_\_\_\_\_  
\_\_\_\_\_

T

- Fitness Challenge Day 11
- Glasses of water:      1    2    3    4    5    6    7    8    8+!!
- Daily Smile: \_\_\_\_\_  
\_\_\_\_\_

W

- Fitness Challenge Day 12
- Glasses of water:      1    2    3    4    5    6    7    8    8+!!
- Daily Smile: \_\_\_\_\_  
\_\_\_\_\_

TH

- Fitness Challenge Day 13
- Glasses of water:      1    2    3    4    5    6    7    8    8+!!
- Daily Smile: \_\_\_\_\_  
\_\_\_\_\_



S

- Fitness Challenge Day 14 *Happy Valentine's Day!*
- Glasses of water:      1    2    3    4    5    6    7    8    8+!!
- Daily Smile: \_\_\_\_\_  
\_\_\_\_\_

- Fitness Challenge:      Walk                      Jog                      Run
- Glasses of water:      1    2    3    4    5    6    7    8    8+!!
- Daily Smile: \_\_\_\_\_  
\_\_\_\_\_



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# WEEK 3

## FEBRUARY CHALLENGE

### Tasks:

For Sunday and Saturday - circle the movement(s) you chose

Circle the amount of glasses of water you drank

Write a brief sentence on something that created happiness for YOU!

S

- Fitness Challenge:      Yoga                      Stretching                      Meditation
- Glasses of water:      1      2      3      4      5      6      7      8      8+!!
- Daily Smile: \_\_\_\_\_

M

- Fitness Challenge Day 17
- Glasses of water:      1      2      3      4      5      6      7      8      8+!!
- Daily Smile: \_\_\_\_\_

T

- Fitness Challenge Day 18
- Glasses of water:      1      2      3      4      5      6      7      8      8+!!
- Daily Smile: \_\_\_\_\_

W

- Fitness Challenge Day 19
- Glasses of water:      1      2      3      4      5      6      7      8      8+!!
- Daily Smile: \_\_\_\_\_

TH

- Fitness Challenge Day 20
- Glasses of water:      1      2      3      4      5      6      7      8      8+!!
- Daily Smile: \_\_\_\_\_

F

- Fitness Challenge Day 21
- Glasses of water:      1      2      3      4      5      6      7      8      8+!!
- Daily Smile: \_\_\_\_\_

S

- Fitness Challenge:      Walk                      Jog                      Run
- Glasses of water:      1      2      3      4      5      6      7      8      8+!!
- Daily Smile: \_\_\_\_\_



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# WEEK 4

## FEBRUARY CHALLENGE

### Tasks:

For Sunday and Saturday - circle the movement(s) you chose

Circle the amount of glasses of water you drank

Write a brief sentence on something that created happiness for YOU!

S

- Fitness Challenge:      Yoga                      Stretching                      Meditation
- Glasses of water:      1      2      3      4      5      6      7      8      8+!!
- Daily Smile: \_\_\_\_\_  
\_\_\_\_\_

M

- Fitness Challenge Day 24
- Glasses of water:      1      2      3      4      5      6      7      8      8+!!
- Daily Smile: \_\_\_\_\_  
\_\_\_\_\_

T

- Fitness Challenge Day 25
- Glasses of water:      1      2      3      4      5      6      7      8      8+!!
- Daily Smile: \_\_\_\_\_  
\_\_\_\_\_

W

- Fitness Challenge Day 26
- Glasses of water:      1      2      3      4      5      6      7      8      8+!!
- Daily Smile: \_\_\_\_\_  
\_\_\_\_\_

TH

- Fitness Challenge Day 27
- Glasses of water:      1      2      3      4      5      6      7      8      8+!!
- Daily Smile: \_\_\_\_\_  
\_\_\_\_\_

F

- Fitness Challenge Day 28
- Glasses of water:      1      2      3      4      5      6      7      8      8+!!
- Daily Smile: \_\_\_\_\_  
\_\_\_\_\_

S

- Fitness Challenge:      Walk                      Jog                      Run
- Glasses of water:      1      2      3      4      5      6      7      8      8+!!
- Daily Smile: \_\_\_\_\_  
\_\_\_\_\_



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