

January 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ready to kick start 2016?! Follow our day to day progress for correct form, and be sure to check in with yourCoaches, with the hashtag #2016KBfit					1	2
					Write down 2 Goals for Jan. & 1 big one to accomplish in the next 6 months!	20 Crunches 20 Squats Hold a 30 second plank
3	4	5	6	7	8	9
Rest Day! Plan out your Meals & Snacks for the week ahead	Add Accountability! Tell a friend about your fit goals for the month (maybe they'll join you!)	10 Push Ups 30 Squats Repeat 2x	40s wall sit hold Adv: Hold a KB (or weights) Repeat 2x	Eat a Salad for Dinner & Take a 10 Min Walk	10 Jump Squats Hold Squat 20s Repeat 2x	30s Jumping Jacks 20 Glute Bridges Repeat 2x
10	11	12	13	14	15	16
Rest Day! Plan out your exercise schedule for the week ahead	Take a Yoga Class or stretch for 20 min at home	Get 24grams of protein for breakie and you'll be full until Lunch!	15 reverse lunges 30s side plank Each side, & Repeat 3X	Aim to eat 6 servings of veggies, and 3 servings of fruit.	20s Plank hold 20s Mountain Climbers Repeat 3x	45s. Wall Sit 10 Push ups Repeat 3x
17	18	19	20	21	22	23
Rest Day! Write 10 things you LOVE about your body!	Do a Tabata set from our YouTube channel or get to a class today!	Have a smoothie for lunch and pack it full of greens!	20 Donkey Kicks (each side) 30 Glute Bridges Repeat 2x	Drink 1 Gallon of water throughout the day!	Morning Mediation Try to just focus on your breathing 5 mins	30s Plank 30s Boat Hold 10 Spidermans Repeat 2x
24	25	26	27	28	29	30
Rest Day! Take 20 mins today for you: stretch, read a book, foam roll, cook, whatever!	Get yor dumbbells ready and do the "Power" arm set from our YouTube channel	Go Dairy Free today and hold a 1 minute plank 2x!	Get to class or do a workout from our YouTube channel	30 Squats 30 Lunges/ each side Repeat 3x w/ a 20s rest in between sets	20 mins dedicated to stretching or foam rolling. Be sure to hold each stretch for 1 min!	30s Scissor Kicks 40s Glute Bridges Repeat 3x w/ a 20s rest in between sets
31	<p>Healthy actions each day add up to make a big impact on your life! If what's written on a day doesn't work for you, choose a different challenge for that day. Just don't give up!</p> <ul style="list-style-type: none"> • s/s - seconds each side • Adv: if you can already do the challenge, make it harder to fit your Advanced level! 					
Rest Day! Write down 2 Goals for Feb & prepare for the week ahead						