

## 21 DAY FIT LATINAS CHALLENGE

\*\*Schedule in your Meal Prep Day

\*\*Schedule in your daily workouts at a **consistent** time

SUNDAY	MOTIVATE MONDAY	TASTY TUESDAY	WINSDAY	THIRSTY THURSDAY	FIT FRIDAY	STATURDAY
Week 1	Day 1 + Pictures		day1 pics DUE			
workout time	_____ : _____	_____ : _____	_____ : _____	_____ : _____	_____ : _____	_____ : _____
Intro	Total Body Cardio Fix	Upper Fix	Lower Fix	Pilates Fix	Cardio Fix	Dirty 30
Week 2					BONUS! workout	STATurday
_____ : _____	_____ : _____	_____ : _____	_____ : _____	_____ : _____	_____ : _____	_____ : _____
Yoga Fix	Total Body Cardio Fix	Upper Fix	Lower Fix	Pilates Fix	PLYO FIX	Dirty 30
Week 3	BOD workout!				BOD workout!	
_____ : _____	_____ : _____	_____ : _____	_____ : _____	_____ : _____	_____ : _____	_____ : _____
BOD workout! PiYo Sweat	MAX: 30	Upper Fix	Lower Fix	Pilates Fix	Total Body Chisel	Dirty 30

Day 21 Pictures Due
_____ : _____
Yoga Fix

Share something to motivate & inspire :**Mon**

Share pics of your meals :**Tues**

Share a non-scale win for the week :**Wed**

Pic of Shakeology, water or BOTH :**Thur**

Workout action shot :**Fri**

Progress update :**Sat**