



JUNE



S M T W T F S

Ab Series on Ab Days: 20 Bicycle Crunches 20 Russian Twists 20 Plank Knee Ext. 10 Waist Whittlers		20 Heel Taps 20 Toe Touches 20 crunches 45 Sec Thigh Hold		1 <input type="checkbox"/> Push-ups <input type="checkbox"/> Ab Exercises <input type="checkbox"/> Walk <input type="checkbox"/> Run Outside	2 <input type="checkbox"/> Push-ups <input type="checkbox"/> Ab Exercises <input type="checkbox"/> Walk <input type="checkbox"/> Run Outside	3 <input type="checkbox"/> Push-ups <input type="checkbox"/> Ab Exercises <input type="checkbox"/> Walk <input type="checkbox"/> Run Outside	4 <input type="checkbox"/> Push-ups <input type="checkbox"/> Ab Exercises <input type="checkbox"/> Walk <input type="checkbox"/> Run Outside
5 <input type="checkbox"/> Push-ups <input type="checkbox"/> Ab Exercises <input type="checkbox"/> Walk <input type="checkbox"/> Run Outside	6 <input type="checkbox"/> Push-ups <input type="checkbox"/> Ab Exercises <input type="checkbox"/> Walk <input type="checkbox"/> Run Outside	7 <input type="checkbox"/> Push-ups <input type="checkbox"/> Ab Exercises <input type="checkbox"/> Walk <input type="checkbox"/> Run Outside	8 <input type="checkbox"/> Push-ups <input type="checkbox"/> Ab Exercises <input type="checkbox"/> Walk <input type="checkbox"/> Run Outside	9 <input type="checkbox"/> Push-ups <input type="checkbox"/> Ab Exercises <input type="checkbox"/> Walk <input type="checkbox"/> Run Outside	10 <input type="checkbox"/> Push-ups <input type="checkbox"/> Ab Exercises <input type="checkbox"/> Walk <input type="checkbox"/> Run Outside	11 <input type="checkbox"/> Push-ups <input type="checkbox"/> Ab Exercises <input type="checkbox"/> Walk <input type="checkbox"/> Run Outside	
12 <input type="checkbox"/> Push-ups <input type="checkbox"/> Ab Exercises <input type="checkbox"/> Walk <input type="checkbox"/> Run Outside	13 <input type="checkbox"/> Push-ups <input type="checkbox"/> Ab Exercises <input type="checkbox"/> Walk <input type="checkbox"/> Run Outside	14 <input type="checkbox"/> Push-ups <input type="checkbox"/> Ab Exercises <input type="checkbox"/> Walk <input type="checkbox"/> Run Outside	15 <input type="checkbox"/> Push-ups <input type="checkbox"/> Ab Exercises <input type="checkbox"/> Walk <input type="checkbox"/> Run Outside	16 <input type="checkbox"/> Push-ups <input type="checkbox"/> Ab Exercises <input type="checkbox"/> Walk <input type="checkbox"/> Run Outside	17 <input type="checkbox"/> Push-ups <input type="checkbox"/> Ab Exercises <input type="checkbox"/> Walk <input type="checkbox"/> Run Outside	18 <input type="checkbox"/> Push-ups <input type="checkbox"/> Ab Exercises <input type="checkbox"/> Walk <input type="checkbox"/> Run Outside	
19 <input type="checkbox"/> Push-ups <input type="checkbox"/> Ab Exercises <input type="checkbox"/> Walk <input type="checkbox"/> Run Outside	20 <input type="checkbox"/> Push-ups <input type="checkbox"/> Ab Exercises <input type="checkbox"/> Walk <input type="checkbox"/> Run Outside	21 <input type="checkbox"/> Push-ups <input type="checkbox"/> Ab Exercises <input type="checkbox"/> Walk <input type="checkbox"/> Run Outside	22 <input type="checkbox"/> Push-ups <input type="checkbox"/> Ab Exercises <input type="checkbox"/> Walk <input type="checkbox"/> Run Outside	23 <input type="checkbox"/> Push-ups <input type="checkbox"/> Ab Exercises <input type="checkbox"/> Walk <input type="checkbox"/> Run Outside	24 <input type="checkbox"/> Push-ups <input type="checkbox"/> Ab Exercises <input type="checkbox"/> Walk <input type="checkbox"/> Run Outside	25 <input type="checkbox"/> Push-ups <input type="checkbox"/> Ab Exercises <input type="checkbox"/> Walk <input type="checkbox"/> Run Outside	
26 <input type="checkbox"/> Push-ups <input type="checkbox"/> Ab Exercises <input type="checkbox"/> Walk <input type="checkbox"/> Run Outside	27 <input type="checkbox"/> Push-ups <input type="checkbox"/> Ab Exercises <input type="checkbox"/> Walk <input type="checkbox"/> Run Outside	28 <input type="checkbox"/> Push-ups <input type="checkbox"/> Ab Exercises <input type="checkbox"/> Walk <input type="checkbox"/> Run Outside	29 <input type="checkbox"/> Push-ups <input type="checkbox"/> Ab Exercises <input type="checkbox"/> Walk <input type="checkbox"/> Run Outside	30 <input type="checkbox"/> Push-ups <input type="checkbox"/> Ab Exercises <input type="checkbox"/> Walk <input type="checkbox"/> Run Outside			

Goal for the month of June:

1. Add 1 push-up each day. Start day one with at least 5 push-ups (feel free to start higher) and then add 1 more push-up each day until the end of the month.
2. Complete the Ab workout (listed at the top) 25 times this month.
3. Try to take at least 15 walks or runs outside this month. You can run/walk as well.
4. Check off the days you complete the tasks and see what you can accomplish this month!