

30 DAYS to a happier & healthier you!

Day 1

3-min Meditation
1-min Plank
20 Squats
30 Jumping jacks
Eat a fruit

Day 2

3-min Meditation
20 Bicycle crunch
20 Lunges
10 Burpees
Eat lots of veggies

Day 3

3-min Meditation
20 Leg lifts
20 Fire hydrants
30 Jumping jacks
Drink 8 glasses of water

Day 4

1-mile Walk

Day 5

Rest Day

Day 6

3-min Meditation
20 Glute bridge
30 Squats
10 Burpees
No flavored drinks

Day 7

3-min Meditation
1-min Plank
30 Lunges
30 Jumping jacks
No processed carbs

Day 8

3-min Meditation
30 Bicycle crunch
30 Fire hydrants
10 Burpees
Eat a fruit

Day 9

Rest Day

Day 10

3-min Meditation
30 Leg lifts
30 Squats
30 Jumping jacks
Eat lots of veggies

Day 11

3-min Meditation
30 Glute bridge
30 Lunges
10 Burpees
Drink 8 glasses of water

Day 12

2-mile Walk

Day 13

3-min Meditation
1-min Plank
30 Fire hydrants
30 Jumping jacks
No flavored drinks

Day 14

3-min Meditation
30 Bicycle crunch
40 Squats
10 Burpees
No processed carbs

Day 15

Rest Day

Day 16

3-min Meditation
30 Leg lifts
40 Lunges
30 Jumping jacks
Eat a fruit

Day 17

3-min Meditation
30 Glute bridge
40 Fire hydrants
10 Burpees
Eat lots of veggies

Day 18

3-min Meditation
1-min Plank
40 Squats
30 Jumping jacks
Drink 8 glasses of water

Day 19

Rest Day

Day 20

3-min Meditation
40 Bicycle crunch
40 Lunges
10 Burpees
No flavored drinks

Day 21

3-min Meditation
40 Leg lifts
40 Fire hydrants
30 Jumping jacks
No processed carbs

Day 22

3-min Meditation
40 Glute bridge
50 Squats
10 Burpees
Eat a fruit

Day 23

3-mile Walk

Day 24

3-min Meditation
1-min Plank
50 Lunges
30 Jumping jacks
Eat lots of veggies

Day 25

Rest Day

Day 26

3-min Meditation
50 Bicycle crunch
50 Fire hydrants
10 Burpees
Drink 8 glasses of water

Day 27

4-mile Walk

Day 28

3-min Meditation
50 Leg lifts
50 Squats
30 Jumping jacks
No flavored drinks

Day 29

3-min Meditation
50 Glute bridge
50 Lunges
10 Burpees
No processed carbs

Day 30

3-min Meditation
1-min Plank
50 Fire hydrants
30 Jumping jacks
Eat a fruit