

THM 30-Day Exercise Challenge

<u>August 4</u> Level One 1	<u>August 5</u> Level One 2	<u>August 6</u> Level One 3	<u>August 7</u> Level One 4	<u>August 8</u> Level One 5
<u>August 11</u> Level 1 + Cardio 6	<u>August 12</u> Level 1 + Cardio 7	<u>August 13</u> Level 1 + Cardio 8	<u>August 14</u> Level 1 + Cardio 9	<u>August 15</u> Level 1 + Cardio 10
<u>August 18</u> Level 2 11	<u>August 19</u> Level 2 12	<u>August 20</u> Level 2 13	<u>August 21</u> Level 2 14	<u>August 22</u> Level 2 15 <i>Half-Way There!</i>
<u>August 25</u> Level 2 + Cardio 16	<u>August 26</u> Level 2 + Cardio 17	<u>August 27</u> Level 2 + Cardio 18	<u>August 28</u> Level 2 + Cardio 19	<u>August 29</u> Level 2 + Cardio 20
<u>September 1</u> Level 3 21	<u>September 2</u> Level 3 22	<u>September 3</u> Level 3 23	<u>September 4</u> Level 3 24	<u>September 5</u> Level 3 25
<u>September 8</u> Level 3 + Cardio 26	<u>September 9</u> Level 3 + Cardio 27	<u>September 10</u> Level 3 + Cardio 28	<u>September 11</u> Level 3 + Cardio 29	<u>September 12</u> Level 3 + Cardio 30 <i>You Did It!</i>

THM 30-Day Exercise Challenge

Beginning Measurements: right calf - _____

hips - _____

left calf - _____

belly - _____

right thigh - _____

waist - _____

left thigh - _____

bust - _____

right arm - _____

neck - _____

left arm - _____

Halfway Measurements: right calf - _____

hips - _____

left calf - _____

belly - _____

right thigh - _____

waist - _____

left thigh - _____

bust - _____

right arm - _____

neck - _____

left arm - _____

Ending Measurements: right calf - _____

hips - _____

left calf - _____

belly - _____

right thigh - _____

waist - _____

left thigh - _____

bust - _____

right arm - _____

neck - _____

left arm - _____