

activity calendar: AUGUST

**USE THE HASHTAG
#DHAUGUSTCHALLENGE ON
INSTAGRAM TO STAY ON TRACK AND
SHOW US YOUR PROGRESS!**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <input type="checkbox"/> 30-MINUTE WALK <input type="checkbox"/> AB INSANE	2 <input type="checkbox"/> 30-MINUTE WALK <input type="checkbox"/> BUN BONANZA	3 <input type="checkbox"/> 30-MINUTE WALK <input type="checkbox"/> AWESOME ARMS	4 <input type="checkbox"/> 30-MINUTE WALK <input type="checkbox"/> BACK ATTACK	5 <input type="checkbox"/> 30-MINUTE WALK <input type="checkbox"/> LOVELY LEGS	6 <input type="checkbox"/> 30-MINUTE WALK <input type="checkbox"/> HOT BOD
7 <input type="checkbox"/> 30-MINUTE WALK <input type="checkbox"/> REST MUSCLES	8 <input type="checkbox"/> 45-MINUTE WALK <input type="checkbox"/> KILLER ARMS	9 <input type="checkbox"/> 45-MINUTE WALK <input type="checkbox"/> BBY GOT BACK	10 <input type="checkbox"/> 45-MINUTE WALK <input type="checkbox"/> WOBBLY LEGS	11 <input type="checkbox"/> 45-MINUTE WALK <input type="checkbox"/> ROCKIN' BOD	12 <input type="checkbox"/> 45-MINUTE WALK <input type="checkbox"/> AB-SOLUTELY	13 <input type="checkbox"/> 45-MINUTE WALK <input type="checkbox"/> BUNS R US
14 <input type="checkbox"/> 30-MINUTE WALK <input type="checkbox"/> REST MUSCLES	15 <input type="checkbox"/> 30-MINUTE WALK <input type="checkbox"/> AB INSANE X2	16 <input type="checkbox"/> 45-MINUTE WALK <input type="checkbox"/> BUN BONANZA X2	17 <input type="checkbox"/> 30-MINUTE WALK <input type="checkbox"/> AWESOME ARMS X2	18 <input type="checkbox"/> 45-MINUTE WALK <input type="checkbox"/> BACK ATTACK X2	19 <input type="checkbox"/> 30-MINUTE WALK <input type="checkbox"/> LOVELY LEGS X2	20 <input type="checkbox"/> 45-MINUTE WALK <input type="checkbox"/> HOT BOD X2
21 <input type="checkbox"/> 30-MINUTE WALK <input type="checkbox"/> REST MUSCLES	22 <input type="checkbox"/> 45-MINUTE WALK <input type="checkbox"/> KILLER ARMS X2	23 <input type="checkbox"/> 30-MINUTE WALK <input type="checkbox"/> BBY GOT BACK X2	24 <input type="checkbox"/> 45-MINUTE WALK <input type="checkbox"/> WODDBLY LEGS X2	25 <input type="checkbox"/> 30-MINUTE WALK <input type="checkbox"/> ROCKIN' BOD X2	26 <input type="checkbox"/> 45-MINUTE WALK <input type="checkbox"/> AB-SOLUTELY X2	27 <input type="checkbox"/> 30-MINUTE WALK <input type="checkbox"/> BUNS R US X2
28 <input type="checkbox"/> 30-MINUTE WALK <input type="checkbox"/> REST MUSCLES	29 <input type="checkbox"/> 60-MINUTE WALK <input type="checkbox"/> INSANE + KILLER	30 <input type="checkbox"/> 60-MINUTE WALK <input type="checkbox"/> LOVELY + ROCKIN'	31 <input type="checkbox"/> 60-MINUTE WALK <input type="checkbox"/> WOBBLY + R US			