

Watch Educational Documentary	2x Educational YouTube (Same Topic)	2x Educational YouTube (Same Topic)	40x Sit-ups	Only Fruit & Vegetables All Day
Jog 1.5 Mile on Treadmill	40x Hip Thrusts	Sweep/Vacuum 2x Common Rooms	No Fried Food All Day	30x Push-ups
Read Half Chapter in Book	Watch Educational Documentary	30x Squats	Long Walk in Park	Drink 64 ounces Water in Day
3x 20-Second Plank	Drink Only Water All Day	Read Article in Magazine	Eat 3x Big Servings of Vegetables	No Rice or Noodles All Day
Eat 3x Big Servings of Vegetables	Read Chapter in Book	No Rice or Noodles All Day	Deep Clean Bedroom	Deep Clean Bathroom

Jog Mile in Park	Drink Only Water All Day	Activity in Park	30x Squats	30x Stair Hip-Thrusts
Jog Mile with Incline	Jog Half Mile with Incline	Eat 3x Big Servings of Vegetables	30x Squats	Read Half Chapter in Book
Only Fruit & Vegetables All Day	Drink 64 ounces Water in Day	Sweep/Vacuum 2x Common Rooms	30x Push-ups	Watch Educational Documentary
Read Half Chapter in Book	30x Push-ups	Drink 64 ounces Water in Day	Drink Only Water All Day	40x Hip Thrusts
40x Sit-ups	No Fried Food All Day	Read Article in Magazine	No Rice or Noodles All Day	No Fried Food All Day

Read Chapter in Book	30x Squats	3x 20-Second Plank	No Fried Food All Day	Jog Half Mile with Incline
40x Hip Thrusts	No Rice or Noodles All Day	Jog Mile on Treadmill	30x Push-ups	Drink 64 ounces Water in Day
2x Educational YouTube (Same Topic)	Jog 1.5 Mile on Treadmill	Jog Mile with Incline	Walk 2 Miles on Treadmill	30x Stair Hip Thrusts
Yoga / Stretch Whole Body 30 Min	Watch Half Educational Documentary	40x Hip Thrusts	Watch Half Educational Documentary	30x Squats
Only Fruit & Vegetables All Day	Long Walk in Park	40x Lunges	Watch Educational Documentary	30x Push-ups