

November 2015 Monthly Challenge Options

- Tell at least 3 people why you are thankful for them, at least 3 times a week, for the month of November 2015.



- Complete the Turkey "Tone It Up" Challenge during the month of November 2015.

 T U R K E Y 						
"TONE IT UP" CHALLENGE						
1 1 Burpee 5 Push-Ups 10 Squats 30 Sec Plank	2 1 Burpee 6 Push-Ups 12 Squats 30 Sec Plank	3 2 Burpees 7 Push-Ups 14 Squats 45 Sec Plank	4 2 Burpees 8 Push-Ups 16 Squats 45 Sec Plank	5 REST	6 3 Burpees 9 Push-Ups 18 Squats 1 Min Plank	7 3 Burpees 10 Push-Ups 20 Squats 1 Min Plank
8 4 Burpees 9 Push-Ups 18 Squats 1 Min Plank	9 4 Burpees 8 Push-Ups 16 Squats 1 Min Plank	10 REST	11 5 Burpees 7 Push-Ups 14 Squats 1 Min Plank	12 5 Burpees 6 Push-Ups 12 Squats 1 Min Plank	13 6 Burpees 5 Push-Ups 10 Squats 1 Min Plank	14 6 Burpees 6 Push-Ups 12 Squats 1 Min Plank
15 REST	16 7 Burpees 7 Push-Ups 14 Squats 1:30 Plank	17 7 Burpees 8 Push-Ups 16 Squats 1:30 Plank	18 8 Burpees 9 Push-Ups 18 Squats 1:30 Plank	19 8 Burpees 10 Push-Ups 20 Squats 1:30 Plank	20 REST	21 9 Burpees 9 Push-Ups 18 Squats 1:30 Plank
22 9 Burpees 8 Push-Ups 16 Squats 1:30 Plank	23 10 Burpees 7 Push-Ups 14 Squats 1:30 Plank	24 10 Burpees 6 Push-Ups 12 Squats 1:30 Plank	25 10 Burpees 5 Push-Ups 10 Squats 1:30 Plank	26 REST	27 10 Burpees 6 Push-Ups 12 Squats 2 Min Plank	28 10 Burpees 7 Push-Ups 14 Squats 2 Min Plank
29 10 Burpees 8 Push-Ups 16 Squats 2 Min Plank	30 10 Burpees 10 Push-Ups 20 Squats 2 Min Plank	FOR WORKOUTS AND RECIPES VISIT WWW.HEANDSHEARTCLEAN.COM! 				

If you have any questions or concerns regarding the challenges, please feel free to schedule a time to talk with me. I want to help you meet these challenges!

Location: <https://hyperdrive2.hyperoffice.com/Personal/Brandi/POSITIVE PULSE WELLNESS/MONTLY CHALLENGES/2015>

Original: 10/29/15

Revised: