

February 2016 Monthly Challenge Options

- Complete the February 28 Day Challenge:

february

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						¹ 2 min jump rope 10 sec plank 2 min jump rope
² 2 min jump rope 10 sec plank 2 min jump rope	³ 2 min jump rope 20 sec plank 2 min jump rope	⁴ 2 min jump rope 20 sec plank 2 min jump rope	⁵ Rest	⁶ 3 min jump rope 30 sec plank 3 min jump rope	⁷ 3 min jump rope 30 sec plank 3 min jump rope	⁸ 3 min jump rope 40 sec plank 3 min jump rope
⁹ 3 min jump rope 40 sec plank 3 min jump rope	¹⁰ Rest	¹¹ 4 min jump rope 50 sec plank 4 min jump rope	¹² 4 min jump rope 50 sec plank 4 min jump rope	¹³ 4 min jump rope 1 min plank 4 min jump rope	¹⁴ 4 min jump rope 1 min plank 4 min jump rope	¹⁵ Rest
¹⁶ 5 min jump rope 75 sec plank 5 min jump rope	¹⁷ 5 min jump rope 75 sec plank 5 min jump rope	¹⁸ 5 min jump rope 90 sec plank 5 min jump rope	¹⁹ 5 min jump rope 90 sec plank 5 min jump rope	²⁰ Rest	²¹ 6 min jump rope 90 sec plank 6 min jump rope	²² 6 min jump rope 90 sec plank 6 min jump rope
²³ 6 min jump rope 2 min plank 6 min jump rope	²⁴ 6 min jump rope 2 min plank 6 min jump rope	²⁵ Rest	²⁶ 7 min jump rope 2 min plank 7 min jump rope	²⁷ 7 min jump rope 2:30 min plank 7 min jump rope	²⁸ 7 min jump rope 3 min plank 7 min jump rope	

- Eat at least 1 "Heart Healthy Foods" for breakfast, lunch, and supper, at least 3X a week:



Please let me know if you have any questions or concerns regarding the challenges, the goal is for all to be successful!!!

Original: 1/22/2016

Revised:

Location: <https://hyperdrive2.hyperoffice.com/Personal/Brandi/POSITIVE PULSE WELLNESS/MONTLY CHALLENGES/2016>