



OCTOBER BURPEE CHALLENGE

DIRECTIONS FOR OCTOBER BURPEE CHALLENGE



FOLLOW THE CALENDAR AND DO YOUR BURPEES EVERY DAY
ADD A PUSH-UP OR NO PUSH-UP
WALK OUT OR JUMP OUT, WALK IN OR JUMP IN

GET SOMEONE IN YOUR HOUSE TO JOIN YOU IN THE CHALLENGE!!



TRY YOUR BEST AND ENJOY THE CHALLENGE

BURPEE CHALLENGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY 1 1 BURPEES	SATURDAY 2 2 BURPEES
3 REST	4 4 BURPEES	5 5 BURPEES	6 6 BURPEES	7 7 BURPEES	8 8 BURPEES	9 9 BURPEES
10 REST	11 11 BURPEES	12 12 BURPEES	13 13 BURPEES	14 14 BURPEES	15 15 BURPEES	16 16 BURPEES
17 REST	18 18 BURPEES	19 19 BURPEES	20 20 BURPEES	21 21 BURPEES	22 22 BURPEES	23 23 BURPEES
24 REST	25 25 BURPEES	26 27 BURPEES	27 28 BURPEES	28 30 BURPEES	29 31 BURPEES	30

**REST
DAY**

