

THE DAILY FLO

SUMMER 31-DAY CHALLENGE

#GETITDONE

"Motivation is what gets you started, habits are what keep you going."
--James Clear

"Be the person today that you want to become tomorrow!"

"Define your WHY, and you will never rely on MOTIVATION ever again."

"You were made to do hard things."

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Day 0 Download free resources <ul style="list-style-type: none"> Write goals for January Message Coach! 	Day 1 KB Full Body Push <ul style="list-style-type: none"> 4x 16 reps Day 1 - 3K Core Challenge 	Day 2 Run + Mobility <ul style="list-style-type: none"> 20-30 minute run/walk Full Body Mobility Day 2 - 3K Core Challenge 	Day 3 KB Full Body Pull <ul style="list-style-type: none"> 4x 16 reps Day 3 - 3K Core Challenge 	Day 4 Run + Mobility <ul style="list-style-type: none"> 20-30 minute run/walk Full Body Mobility Day 4 - 3K Core Challenge 	Day 5 KB Full Body HIIT <ul style="list-style-type: none"> 0:30 work / 0:30 rest Day 5 - 3K Core Challenge 	Day 6 Run + Mobility <ul style="list-style-type: none"> 20-30 minute run/walk Full Body Mobility Day 6 - 3K Core Challenge
Day 7 Rest Day <ul style="list-style-type: none"> Re-evaluate goals Message Coach an Update Day 7 - 3K Core Challenge 	Day 8 KB Full Body Push <ul style="list-style-type: none"> 4x 12 reps Day 8 - 3K Core Challenge 	Day 9 Run + Mobility <ul style="list-style-type: none"> 20-30 minute run/walk Full Body Mobility Day 9 - 3K Core Challenge 	Day 10 KB Full Body Pull <ul style="list-style-type: none"> 4x 12 reps Day 10 - 3K Core Challenge 	Day 11 Run + Mobility <ul style="list-style-type: none"> 20-30 minute run/walk Full Body Mobility Day 11 - 3K Core Challenge 	Day 12 KB Full Body HIIT <ul style="list-style-type: none"> 0:30 work / 0:20 rest Day 12 - 3K Core Challenge 	Day 13 Run + Mobility <ul style="list-style-type: none"> 20-30 minute run/walk Full Body Mobility Day 13 - 3K Core Challenge
Day 14 Rest Day <ul style="list-style-type: none"> Re-evaluate goals Message Coach an Update Day 14 - 3K Core Challenge 	Day 15 KB Full Body Push <ul style="list-style-type: none"> 5x 10 reps Day 15 - 3K Core Challenge 	Day 16 Run + Mobility <ul style="list-style-type: none"> 20-30 minute run/walk Full Body Mobility Day 16 - 3K Core Challenge 	Day 17 KB Full Body Pull <ul style="list-style-type: none"> 5x 10 reps Day 17 - 3K Core Challenge 	Day 18 Run + Mobility <ul style="list-style-type: none"> 20-30 minute run/walk Full Body Mobility Day 18 - 3K Core Challenge 	Day 19 KB Full Body HIIT <ul style="list-style-type: none"> 0:30 work / 0:15 rest Day 19 - 3K Core Challenge 	Day 20 Run + Mobility <ul style="list-style-type: none"> 20-30 minute run/walk Full Body Mobility Day 20 - 3K Core Challenge
Day 21 Rest Day <ul style="list-style-type: none"> Re-evaluate goals Message Coach an Update Day 21 - 3K Core Challenge 	Day 22 KB Full Body Push <ul style="list-style-type: none"> 5x 8 reps Day 22 - 3K Core Challenge 	Day 23 Run + Mobility <ul style="list-style-type: none"> 20-30 minute run/walk Full Body Mobility Day 23 - 3K Core Challenge 	Day 24 KB Full Body Pull <ul style="list-style-type: none"> 5x 8 reps Day 24 - 3K Core Challenge 	Day 25 Run + Mobility <ul style="list-style-type: none"> 20-30 minute run/walk Full Body Mobility Day 25 - 3K Core Challenge 	Day 26 KB Full Body HIIT <ul style="list-style-type: none"> 0:40 work / 0:20 rest Day 26 - 3K Core Challenge 	Day 27 Run + Mobility <ul style="list-style-type: none"> 20-30 minute run/walk Full Body Mobility Day 27 - 3K Core Challenge
Day 28 Rest Day <ul style="list-style-type: none"> Re-evaluate goals Message Coach an Update Day 28 - 3K Core Challenge 	Day 29 KB Full Body Push <ul style="list-style-type: none"> 5x 8 reps Day 29 - 3K Core Challenge 	Day 30 Run + Mobility <ul style="list-style-type: none"> 20-30 minute run/walk Full Body Mobility Day 30 - 3K Core Challenge 	Day 31 KB Full Body Pull <ul style="list-style-type: none"> 5x 8 reps 			KEEP
						GOING!