



No Excuse November Challenge 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
REST		1	2	3	4	5
6 REST	7	8	9	10	11	12
13 REST	14	15	16	17	18	19
20 REST	21	22	23	24 REST Happy Thanksgiving! 	25	26
27 Rest	28	29	30	Do at least 1 type of workout a day. Post at least 1 selfie on our Facebook page during the month of November. Tag it with #NoExcuseNovember Log your progress for the month, show a Health Coach & receive 30% off 1 item in the store. Good Luck & Have Fun!		