



## No Excuse November Challenge 2015

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