

# 50/50/50 FITNESS CHALLENGE

**EVERY DAY**  
**50 upper body**  
**50 lower body**  
**50 core**

	1	2	3	4	5		
	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30			

Each day, after you finish your daily challenge, draw an emoji face that best represents how well you did that day. If you crushed it, maybe draw 😎, if you did your best but didn't quite finish you could draw this one 🙄 or if you forgot and didn't do any of it draw this 😞 ! Whatever you want, just have fun! If you don't like to draw, just put a ✓ or ✗ .