

January Inspire ME! Challenge

~ January 2012 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Rest & Relax Take 15 minutes to write out your New Years Resolutions!	2 Motivational Monday Check my facebook page for todays inspiration "Run with Jill Bootcamp" facebook page	3 I LOVE Pushups 40 pushups today. You can break this into multiple sets throughout the day	4 Water Wednesday Drink 8 oz of water as soon as you rise out of bed. Drink 80oz for the day!	5 Grateful Thursday Make a list of 3 things you are grateful for today!	6 Healthy Friday! Replace your regular cup of coffee with Green Tea today!	7 Extra Calorie Burn! It's the weekend! Can you give an extra 15 minutes to your workout today?
8 Rest & Relax Do something nice for yourself today. You've earned it!	9 "Don't compare yourself to others. Compare to who you could be."	10 I LOVE Pushups 50 pushups today! You can break this into multiple sets throughout the day	11 Water Wednesday Drink 100 oz of water today	12 Grateful Thursday Try to make it all day without complaining of anything.	13 Healthy Friday! Eat 4 servings of fruit today. 1 serving = small apple. ½ banana, or handful of berries	14 Try something NEW! Try a new exercise such as hiking, bike riding, skiing, snow shoeing, dance class, etc...
15 Rest & Relax Take 20 minutes to read a favorite magazine or book!	16 Motivational Monday! Check my facebook page for todays inspiration "Run with Jill Bootcamp" facebook page	17 I LOVE pushups 60 pushups today! You can break this into multiple sets throughout the day	18 Water Wednesday Skip the soda, the coffee, the fruit juice and alcohol. Instead, drink water only today!	19 Grateful Thursday Post a gratitude statement as your status update on Facebook or Twitter today.	20 Healthy Friday! Eat 4 servings of Veggies today. 1 serving = ½ sweet potato, handful of carrots, ½ c broccoli	21 Leg Burner -50 walking lunges -1 minute wall sit -50 bodyweight squats

~ January 2012 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
22 Rest & Relax Grab a friend and take an easy walk in the neighborhood or nearby park.	23 “The Pathway to your greatest potential is often the path straight through your greatest fear.”	24 I LOVE pushups 40 pushups today! You can break this into multiple sets throughout the day	25 Water Wednesday Drink a tall glass of water on the hour for every hour you are awake ☺	26 Grateful Thursday Write a letter to a friend or family member and send it in the mail today!	27 Healthy Friday! Pack your own healthy lunch and snacks. Nuts, fruit, string cheese, tuna fish, etc...	28 Extra! Extra! Give an extra 10 “intense” minutes to your cardio workout today.
29 Rest & Relax Go to bed early enough so you can get at least 8 hours of sleep tonight!	30 Motivational Monday! Check my facebook page for todays inspiration “Run with Jill Bootcamp” facebook page	31 I LOVE pushups 70 pushups today! You can break this into multiple sets throughout the day				

**Brought to you by Jill Bruyere

www.runwithjill.com : BLOG

www.runwithjillbootcamp.com: Fitness Business in Seattle, WA