

June 2019

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Drink 3L of water; Walk 1km today
2 Eat vegetable salad; No Soda/Juice; Drink 3L of water	3 Have a 5 mins self- meditation; 100 jumping jacks	4 Do 20 squats + 100 jumping jacks; No junk today	5 No junk Day; Sing a happy song; Drink 3L of water	6 Have smoothies and fresh juices all day today.	7 Do 150 jumping jacks; Have 2 boiled eggs	8 Go for a group walk; Intentionally Laugh more.
9 5 mins self- meditation Write out your health goals for this week	10 Do 1-minute Plank and 30 squats; Replace 2 meals with smoothies	11 Drink 3 L of water; Intentionally laugh every hour today	12 Get your blood pressure and blood sugar check; Drink 3L of water	13 Call a friend you have not spoken to in a while; Eat a vegetable salad	14 Make an omelet with three colors. Use 3 different veggies	15 Have 10 minutes self- meditation; Be intentionally Happy
16 Watch a movie with family and friends; Get 7 hours sleep in	17 Walk 2km Today. Make it happen. Sing a song you love today.	18 Have veggies only all day today. Have 4L of water	19 Do 300 skips; Replace a meal with a bowl of fruit salad	20 Eat 2 vegetable based meals today.	21 Do 500 skips today. Smile intentionally to everyone you meet today	22 Walk 3km today; Replace one meal today with a green smoothie
23 Stay off social media for 10 hours today; Call a friend today.	24 Do 100 jumping jacks; Have pepper soup tonight	25 Crunch on some cucumbers for a snack today	26 Do 20 jumps and 300 skips; Eat a large bowl of salad	27 Replace a meal with watermelon	28 Have veggies only all day today. Have 4L of water	29 Pick a song and dance for 20 mins; Drink 3L of water
30 Increase Your vegetables in all meals today. Take a nap today						