

FBCC WINTER BREAK CHALLENGE

Dec. 25, 2017- Jan. 6, 2018

SUNDAY	MONDAY	TUESDAY	WEDNESTDAY	THURSDAY	FRIDAY	SATURDAY
24 6-8 cups water 7 fruits/veggies Rest	25 <i>Christmas</i> 6-8 cups water 7 fruits/veggies Rest <i>Happy birthday Jesus!</i>	26 6-8 cups water 7 fruits/veggies 20 min Cardio/HIIT workout	27 6-8 cups water 7 fruits/veggies 3 x 15 chair squats 3 x 10 pushups 2 x 15 walk lunges 1 min low plank	28 6-8 cups water 7 fruits/veggies 20 min Cardio/HIIT workout	29 6-8 cups water 7 fruits/veggies Rest	30 6-8 cups water 7 fruits/veggies 3 x 15 chair squats 3 x 10 pushups 2 x 15 walk lunges 30 high plank twists
31 6-8 cups water 7 fruits/veggies Rest	1 <i>New Year's Day Happy 2018!!</i> 6-8 cups water 7 fruits/veggies 20 min Cardio/HIIT workout	2 8 cups water 7 fruits/veggies 3 x 15 chair squats 3 x 15 pushups 2 x 20 walk lunges 30 high plank twists	3 8 cups water 7 fruits/veggies 20 min Cardio/HIIT workout	4 8 cups water 7 fruits/veggies 3 x 15 chair squats 3 x 15 pushups 2 x 20 walk lunges 1:30 low plank	5 8 cups water fruits/veggies Rest	6 8 cups water 7 fruits/veggies 20 min Cardio/HIIT workout

Fruit and Veggie serving = ½ cup fresh veggies or fruit, 1 small piece of fruit, or 1 cup leafy greens. Limit the following to only one serving per day: dried fruit, 100% fruit juice, & starchy vegetables (potatoes, peas, corn, squash)

Cardio/HIIT workout = elliptical, running, workout video, online workouts...see our fitness website or search the web (search HIIT workouts or darebee.com)

Visit www.fbcchoctaw.org/fitness for easy smoothie recipes (includes 3 servings of fruit/veggies per smoothie) and at home workouts.