

# december

## #TIUHOLIDAYHUSTLE

Monday	Tuesday	wednesday	Thursday	friday	saturday	sunday
<p>3</p> <p>Post a selfie on Insta &amp; share 3 fab things we don't know about you! #TIUHolidayHustle</p>	<p>4</p> <p>Happy Tone It Up Tuesday! Invite a girlfriend to join you for your Studio class or Daily Moves &amp; snap a pic after.</p>	<p>5</p> <p>Start your day with a mindful meditation ~ find one on <a href="http://ToneltUp.com/">ToneltUp.com/</a> meditation!</p>	<p>6</p> <p>Post a pic of a book you're reading this month ~ we're looking for recommendations and inspiration!</p>	<p>7</p> <p>Bake your favorite Tone It Up Protein treat &amp; share it with your office or friends. We love the Peanut Butter Blossoms on <a href="http://ToneltUp.com!">ToneltUp.com!</a></p>	<p>8</p> <p>Self-care Saturday! Take a bubble bath, read a book, get a mani, cozy up with comfy socks and a holiday-scented candle!</p>	<p>9</p> <p>It's yoga day in Studio Tone It Up! Dedicate your practice to someone you love. Hint: YOU!</p>
<p>10</p> <p>Write yourself a love note! Jot down your fave inspiring mantra on a post-it &amp; place it somewhere you'll see it every day.</p>	<p>11</p> <p>Drop it low &amp; give us 10 squats every time you hear a holiday song ~ and get your coworkers in on it too!</p>	<p>12</p> <p>Post a #WCW today &amp; tell us why this babe is so special to you!</p>	<p>13</p> <p>Strike a warrior pose in front of holiday decorations and snap a pic. You got this girl!</p>	<p>14</p> <p>Spa night in! Treat yourself to a mani, pedi, &amp; face mask!</p>	<p>15</p> <p>Celebrate the season with a Pomegranate Martini! Find the recipe in your TIU App today. Cheers!</p>	<p>16</p> <p>Volunteer your time ~ we have a guide to giving back on <a href="http://ToneltUp.com">ToneltUp.com</a>.</p>
<p>17</p> <p>Share your fave vacation pic of 2018 on Insta today... just cuz 😊</p>	<p>18</p> <p>Show your muscles some TLC and complete Kat's Ultimate Foam Rolling Workout! Find it on the app in the On Demand section!</p>	<p>19</p> <p>Cozy up with Spiced Hazelnut Collagen Cocoa ~ find the recipe in your TIU App today!</p>	<p>20</p> <p>Post your fave holiday throwback pic for #throwbackthursday #TIUHolidayHustle</p>	<p>21</p> <p>Host a girls' night in with some popcorn, wine, and your favorite holiday movie. The Holiday or Love Actually anyone?!</p>	<p>22</p> <p>Host a TIU cookie swap! We have recipes on <a href="http://ToneltUp.com!">ToneltUp.com!</a></p>	<p>23</p> <p>Go for a long walk with a loved one today!</p>
<p>24</p> <p>Share a pic of your fave holiday tradition with your fam! #TIUHolidayHustle</p>	<p>25</p> <p>Take a moment to tell someone you love how special they are!</p>	<p>26</p> <p>Treat yourself to a new journal or planner for 2019!</p>	<p>27</p> <p>Clean out your closet &amp; makeup drawer. You'll feel so refreshed!</p>	<p>28</p> <p>Invite your girls to sign up for the Love Your Body Series with you! We're all starting 2019 strong together 💪</p>	<p>29</p> <p>Top knot, French braid, messy bun, mermaid waves ~ try a new hairstyle today and show us on Insta #TIUHolidayHustle</p>	<p>30</p> <p>Jot down 3 intentions for the New Year &amp; share with us on Insta so we can cheer you on! #TIUHolidayHustle</p>
<p>31</p> <p>Pop some bubbly &amp; cheers to the New Year! 🍷 Share a boom with us 😄</p>	<p>happy new year babe!</p>					