

25 DAYS OF TONE IT UP

healthier, happier, together



<i>sunday</i>	<i>monday</i>	<i>tuesday</i>	<i>wednesday</i>	<i>thursday</i>	<i>friday</i>	<i>saturday</i>
		1 ☐ Day one! Print your calendar for your fridge and share a pic on instagram with 3 goals! ☐ Mile Challenge	2 ☐ Set your reminders in your Tone It Up app to work out! #TIUaccountability ☐ Mile Challenge	3 ☐ Manage holiday stress by finding an accountability buddy in the app and checking in each day ☐ Mile Challenge	4 ☐ Check in with a friend... that girlfriend who lives alone, the busy mom, the boss babe... let her know she's not alone. ☐ Mile Challenge	5 ☐ Let's put our phones away for 2 hours today. Your present to yourself is your presence ♥ ☐ Mile Challenge
6 ☐ Self-care Sunday! Cozy up with a new book and a holiday candle... check in with us #TIUteam ☐ Mile Challenge	7 ☐ 'Tis the season to shine! Write down your intentions for today ☐ Mile Challenge	8 ☐ Share your favorite inspirational quote with the Tone It Up Community #TIUteam ☐ Mile Challenge	9 ☐ Elves take breaks too! Stand up from your desk and get moving for 20 minutes ☐ Mile Challenge	10 ☐ On Dasher! Wake up 15 minutes earlier to meditate in the TIU app ☐ Mile Challenge	11 ☐ It's the most wonderful time of the year! Buy someone a cup of coffee (or their favorite bottle of wine 🍷) ☐ Mile Challenge	12 ☐ Make your favorite TIU recipe and share on IG using #TIUteam ☐ Mile Challenge
13 ☐ Make spirits bright! Call a family member you haven't connected with in a while ☐ Mile Challenge	14 ☐ Tell 3 TIU girls what they mean to you ♥ #TIUcommunity ☐ Mile Challenge	15 ☐ Baby it's cold outside! Make a virtual sweat date with your bestie ☐ Mile Challenge	16 ☐ Post a #WCW and tell us why she is so special to you! ☐ Mile Challenge	17 ☐ Treat your beautiful bodies with your favorite TIU vitamins and supplements ☐ Mile Challenge	18 ☐ Try a new baking recipe from your TIU app. Holiday cookies, here we come! ☐ Mile Challenge	19 ☐ Write a letter to someone you love to put a smile on their face ☐ Mile Challenge
20 ☐ Show your body some love and take a restorative yoga flow class in your TIU app ☐ Mile Challenge	21 ☐ Gift yo self! One day code today TIUTREAT for 30% savings towards wellness treats! ☐ Mile Challenge	22 ☐ Drop it low & give us 10 squats everytime you hear a holiday song ☐ Mile Challenge	23 ☐ Netflix party with your favorite holiday cocktail and TIU treat ☐ Mile Challenge	24 ☐ Instagram Challenge: Share a pic of your childhood holidays #TIUteam ☐ Mile Challenge	25 ☐ Flex Friday! Post your calendar all checked off today on your stories. ☐ Mile Challenge	

#TIUCommunity let's complete 25 miles together in 25 days! A cardio workout in the TIU app counts as 1 mile too! Check in on Instagram each day with your lifestyle challenge @ToneltUp #TIUMileChallenge



Tone It Up

