

Tone It Up 2021

30 workouts in 6 weeks! Cross them off and share your progress on Instagram with **#TIU2021** and tag us **@ToneItUp**.

	<i>sunday</i>	<i>monday</i>	<i>tuesday</i>	<i>wednesday</i>	<i>thursday</i>	<i>friday</i>	<i>saturday</i>
<i>commitment</i>		1 <input type="checkbox"/> Print your calendar for your fridge and share a pic on Instagram with your 2021 goals! <input type="checkbox"/> TIU2021 Workout	2 <input type="checkbox"/> Write down what you want to commit to for the week. Start small, you can always add on next week! <input type="checkbox"/> TIU2021 Workout	3 <input type="checkbox"/> Join a program! We have 12 programs including two new ones! <input type="checkbox"/> TIU2021 Workout	4 <input type="checkbox"/> Find an accountability buddy! No matter your unique goals, this challenge is something you can do together. <input type="checkbox"/> TIU2021 Workout	5 <input type="checkbox"/> Set your reminders in your Tone It Up app to work out! #TIUaccountability <input type="checkbox"/> TIU2021 Workout	6 <input type="checkbox"/> Check out your #TIU2021 meal plan! Find it in the Nutrition section of your #TIUapp. <input type="checkbox"/> TIU2021 Workout
<i>refresh</i>	7 <input type="checkbox"/> It's Sunday! Tune into @toneitup for Meal Prep & Mimosas to get you set for the week. <input type="checkbox"/> TIU2021 Workout	8 <input type="checkbox"/> Share your favorite inspirational quote with the Tone It Up Community. #TIUteam <input type="checkbox"/> TIU2021 Workout	9 <input type="checkbox"/> A toned mind is just as important as a toned body. Try a guided meditation in the app today. <input type="checkbox"/> TIU2021 Workout	10 <input type="checkbox"/> Take a digital detox. Stay off your phone for two hours today. <input type="checkbox"/> TIU2021 Workout	11 <input type="checkbox"/> Declutter your space. Let go of anything you no longer need. <input type="checkbox"/> TIU2021 Workout	12 <input type="checkbox"/> Clean out your fridge and pantry. For each item, ask yourself: "Does this help me reach my goals this year?" <input type="checkbox"/> TIU2021 Workout	13 <input type="checkbox"/> Organize your workout gear. Think about what apparel makes you feel confident and inspired. <input type="checkbox"/> TIU2021 Workout
<i>strength</i>	14 <input type="checkbox"/> Check in and use #TIU2021, #TIUteam, and your program hashtag so we can cheer you on! <input type="checkbox"/> TIU2021 Workout	15 <input type="checkbox"/> Write down 5 things that you're going to let go because they no longer serve you. Then throw the paper away. <input type="checkbox"/> TIU2021 Workout	16 <input type="checkbox"/> Call your bestie! It's time for a virtual sweat date. There's strength in numbers! <input type="checkbox"/> TIU2021 Workout	17 <input type="checkbox"/> We made a playlist to get you past the mid-week hump! Find it on Spotify ~ search for Tone It Up: 2021. <input type="checkbox"/> TIU2021 Workout	18 <input type="checkbox"/> Do one kind thing for someone else today! The best way to feel good, is to do good! <input type="checkbox"/> TIU2021 Workout	19 <input type="checkbox"/> Reach out to someone #NewToTIU & show her how amazing & supportive this community is! <input type="checkbox"/> TIU2021 Workout	20 <input type="checkbox"/> Self Care Saturday! Whatever that looks like for you babe! <input type="checkbox"/> TIU2021 Workout
<i>mindfulness</i>	21 <input type="checkbox"/> Meal Prep Sunday! Find your recipes in the Nutrition section of your #TIUapp! <input type="checkbox"/> TIU2021 Workout	22 <input type="checkbox"/> Give yourself 10 minutes of your own undivided attention. <input type="checkbox"/> TIU2021 Workout	23 <input type="checkbox"/> Check in on a friend. Even apart, we can be together. Let her know she's not alone — we're stronger together. <input type="checkbox"/> TIU2021 Workout	24 <input type="checkbox"/> Try something NEW! We grow when we get out of our comfort zone ~ take the first step! <input type="checkbox"/> TIU2021 Workout	25 <input type="checkbox"/> Journal for 10 minutes today. We love to start with 3 things we're grateful for! <input type="checkbox"/> TIU2021 Workout	26 <input type="checkbox"/> Take a mindful walk! Feel the ground beneath you as you walk, listen, & engage your senses. <input type="checkbox"/> TIU2021 Workout	27 <input type="checkbox"/> Eat mindfully today. Try being fully present with each meal. Whip up your favorite recipe in your #TIUapp <input type="checkbox"/> TIU2021 Workout
<i>self-love</i>	28 <input type="checkbox"/> Meditate 10 minutes for a serene Sunday to start the week! Choose a guided meditation from your #TIUapp. Namaste! <input type="checkbox"/> TIU2021 Workout	29 <input type="checkbox"/> Treat your beautiful bodies with your favorite TIU vitamins and supplements <input type="checkbox"/> TIU2021 Workout	30 <input type="checkbox"/> Show your body some love with gentle yoga. Find it in the On Demand section of your app. <input type="checkbox"/> TIU2021 Workout	31 <input type="checkbox"/> Enjoy a glass of wine (or a non-alcoholic bubbly) for Wine Not Wednesday. <input type="checkbox"/> TIU2021 Workout	32 <input type="checkbox"/> Write a letter to your future self and set your intentions. <input type="checkbox"/> TIU2021 Workout	33 <input type="checkbox"/> Start the day with an affirmation. Repeat it aloud as many times as you need. <input type="checkbox"/> TIU2021 Workout	34 <input type="checkbox"/> Revisit your gratitude practice. Write down 5 things that you are grateful your body can do! <input type="checkbox"/> TIU2021 Workout
<i>restore</i>	35 <input type="checkbox"/> #SelfCareSunday: Take a bath, light a candle, wake up later, do a face mask, or take a dive into your favorite book. <input type="checkbox"/> TIU2021 Workout	36 <input type="checkbox"/> Acknowledge your accomplishments! Take a step back today & be proud of all you've done so far! <input type="checkbox"/> TIU2021 Workout	37 <input type="checkbox"/> Stretch it out sis! Part of restoring your long, lean muscles is having a good stretch sesh! <input type="checkbox"/> TIU2021 Workout	38 <input type="checkbox"/> Hydrate hun! Start your morning off with a big dose of hot water with a slice of lemon. <input type="checkbox"/> TIU2021 Workout	39 <input type="checkbox"/> Pick a passion! Choose one thing you love & give it your all today! <input type="checkbox"/> TIU2021 Workout	40 <input type="checkbox"/> It's Flex Friday! Snap a sweaty selfie to celebrate your wins this week! #TIU2021 <input type="checkbox"/> TIU2021 Workout	41 <input type="checkbox"/> You made it! Share a photo of your checked off calendar to #TIU2021. <input type="checkbox"/> TIU2021 Workout