

# Tone It Up

<i>Sunday Runday</i>	<i>Motivation Monday</i>	<i>Tone It Up! Tuesday</i>	<i>Wild-on Wednesday!</i>	<i>Throwback Thursday</i>	<i>Happy Hour Friday</i>	<i>Friends with Benefits Saturday</i>
1 Create your month! We want to see your goals each week, and for the entire month of June in the Community!! <3  <input type="checkbox"/> #CreateYourSummer	2 Enjoy Every Day.  <input type="checkbox"/> #CreateYourSummer	3 Go to <a href="http://ToneItUp.com">ToneItUp.com</a> For your NEW Bikini Thighs Video Routine!  <input type="checkbox"/> #CreateYourSummer	4 It's National Hug Your Cat Day! We want to see your photos <3 #HugYourCatDay!  <input type="checkbox"/> #CreateYourSummer	5 Stretch it out with your Throwback Foam Roller Routine on <a href="http://ToneItUp.com">ToneItUp.com</a> !  <input type="checkbox"/> #CreateYourSummer	6 Your Lunge Challenge is BACK!! 1 Set of Lunges to Failure, every hour on the hour!  <input type="checkbox"/> #CreateYourSummer	7 It's National Trails Day! Get out on the trails with some friends, and take some #HikeSelfies!  <input type="checkbox"/> #CreateYourSummer
8 It's National Best-Friends Day! Grab your bestie and Run it OUT! #100bySummer <i>Weekly schedule is up!</i>	9 It's gonna be a bright, sun-shining day.  <input type="checkbox"/> #CreateYourSummer	10 Your Brand New Bikini Yoga Routine is on <a href="http://ToneItUp.com">ToneItUp.com</a> !!  <input type="checkbox"/> #CreateYourSummer	11 Check out <a href="http://ToneItUp.com">ToneItUp.com</a> for your Wild on Wednesday Surprise!  <input type="checkbox"/> #CreateYourSummer	12 It's National Peanut Butter Cookie Day! See your Recipe at <a href="http://ToneItUp.com">ToneItUp.com</a> !  <input type="checkbox"/> #CreateYourSummer	13 NEW Bikini-Bites Post is live on <a href="http://ToneItUp.com">ToneItUp.com</a> Today! Share your Favorite!  <input type="checkbox"/> #CreateYourSummer	14 Make a new friend! Go out and be open to getting to know somebody new!  <input type="checkbox"/> #CreateYourSummer
15 Last week to complete your #100bySummer! Finish strong! #7DSD!! <i>Weekly schedule is up!</i>	16 Be the reason somebody smiles today.  <input type="checkbox"/> #CreateYourSummer	17 Go to <a href="http://ToneItUp.com">ToneItUp.com</a> for your new routine!!  <input type="checkbox"/> #CreateYourSummer	18 It's National Picnic Day! See all of your favorite TIU Approved Picnic snacks at <a href="http://ToneItUp.com">ToneItUp.com</a>  <input type="checkbox"/> #CreateYourSummer	19 Final Stretch! Stay strong babe. Check in on the community if you need extra support!  <input type="checkbox"/> #CreateYourSummer	20 Happy Hour Friday!!! Celebrate the start of Summer by taking a Friday Happy Hour Workout class!  <input type="checkbox"/> #CreateYourSummer	21 FIRST DAY OF SUMMER! River? Lake? Pool? Beach? Get out and find your sun!! <3 <input type="checkbox"/> #CreateYourSummer
22 Take a fun summer jog to grab a coffee or breakfast with a friend!  <i>Weekly schedule is up!</i>	23 Happy Pink Flamingo Day! Get in 3 Rounds of your Pink Flamingo routine!  <input type="checkbox"/> #CreateYourSummer	24 Check out <a href="http://ToneItUp.com">ToneItUp.com</a> today for your fun summer routine!  <input type="checkbox"/> #CreateYourSummer	25 Have some friends over for some lemonade! Find your recipes at <a href="http://ToneItUp.com">ToneItUp.com</a>  <input type="checkbox"/> #CreateYourSummer	26 Throwback to our trip to Puerto Rico! Such a fun time :) Share your TBT Trips in the Community!  <input type="checkbox"/> #CreateYourSummer	27 Happy Sunglasses Day! Rock your TIU Special Edition Oakleys all day!  <input type="checkbox"/> #CreateYourSummer	28 Last day to submit your #BikiniSeries Story for the Grand Prize with Contiki!!  <input type="checkbox"/> #CreateYourSummer
29 Get out on the trails! It's fun to run them too ;)  <i>Weekly schedule is up!</i>	30 "It's a smile, it's a kiss, it's a sip of wine.. it's summertime" -KC  <input type="checkbox"/> #CreateYourSummer					

# June