

OCTOBER



<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>
<p>October is a month of renewal & pause! Take a look at your goals, where you want to go, and stay focused on all of the things that make you feel your absolute best. XXXO K&K</p>			<p>1</p> <p>World Vegetarian Day! Share your favorite Veggie Recipe in the Members Only Recipe Swap!</p> <p><input type="checkbox"/> #FriskyFall</p>	<p>2</p> <p>Treat yourself to some new cute workout clothes. You deserve it!!</p> <p><input type="checkbox"/> #FriskyFall</p>	<p>3</p> <p>Time to sign up for an upcoming race! Let us know which one you chose, and who you are running it with!</p> <p><input type="checkbox"/> #FriskyFall</p>	<p>4</p> <p>Plan a #TIUMeetup with other TIU girls or friends and do something fun!</p> <p><input type="checkbox"/> #FriskyFall</p>
<p>5</p> <p>National Do Something Nice Day! Make it up as you go along, and let us know!! <3</p> <p>Weekly schedule is up!</p>	<p>6</p> <p>Let the aroma of Autumn make you fall in love!</p> <p><input type="checkbox"/> #FriskyFall</p>	<p>7</p> <p>Visit ToneltUp.com to see today's workout on your Weekly Schedule!</p> <p><input type="checkbox"/> #FriskyFall</p>	<p>8</p> <p>Add 15 minutes to your BootyCall routine! Let us know what you did to change it up! ;)</p> <p><input type="checkbox"/> #FriskyFall</p>	<p>9</p> <p>Work that core babe! 4 Rounds of your Sunkissed Abs routine! GO!!!</p> <p><input type="checkbox"/> #FriskyFall</p>	<p>10</p> <p>Healthy Cocktails and Apps with friends after work <3</p> <p><input type="checkbox"/> #FriskyFall</p>	<p>11</p> <p>Apple Picking? Pumpkin Recipe swap? Autumn hike?! Plan something fun with the girls!</p> <p><input type="checkbox"/> #FriskyFall</p>
<p>12</p> <p>Run somebody else's path! Find a running path near you on MapMyRun and push yourself!</p> <p>Weekly schedule is up!</p>	<p>13</p> <p>"Autumn is the year's last, loveliest smile." -WCB</p> <p><input type="checkbox"/> #FriskyFall</p>	<p>14</p> <p>National Dessert Day! Whip up your favorite sweet PFP recipe and share it on Instagram!</p> <p><input type="checkbox"/> #FriskyFall</p>	<p>15</p> <p>Get in your MaliBooty workout three times through! Work that tush ;)</p> <p><input type="checkbox"/> #FriskyFall</p>	<p>16</p> <p>Complete your Triathlon Toned Routine! It's great for year round conditioning too ;)</p> <p><input type="checkbox"/> #FriskyFall</p>	<p>17</p> <p>3pm Lunge Challenge! Do as many Plyo Lunges as you can, and Tweet Us! <3</p> <p><input type="checkbox"/> #FriskyFall</p>	<p>18</p> <p>Connect with 3 new girls in the Community! Stay accountable with each other for</p> <p><input type="checkbox"/> #FriskyFall</p>
<p>19</p> <p>Clock your FASTEST 5K today! You can do this :)</p> <p>Weekly schedule is up!</p>	<p>20</p> <p>"No Spring nor Summer's beauty hath such grace as I have seen in one Autumnal Face." -JD</p> <p><input type="checkbox"/> #FriskyFall</p>	<p>21</p> <p>Visit ToneltUp.com to see today's workout on your weekly schedule!</p> <p><input type="checkbox"/> #FriskyFall</p>	<p>22</p> <p>National Nut Day! Think outside the box, get nutty with your recipes!</p> <p><input type="checkbox"/> #FriskyFall</p>	<p>23</p> <p>4 Rounds of your RUSH Workout! Get it in babe.</p> <p><input type="checkbox"/> #FriskyFall</p>	<p>24</p> <p>Chair dips at the office! Every hour, on the hour ;)</p> <p><input type="checkbox"/> #FriskyFall</p>	<p>25</p> <p>Pay it forward today! Buy coffee for the person in line behind you!</p> <p><input type="checkbox"/> #FriskyFall</p>
<p>26</p> <p>Take a lazy Sunday ;)</p> <p>Brunch, a new book, and relax!</p> <p>Weekly schedule is up!</p>	<p>27</p> <p>"Autumn is a second spring, when every leaf is a flower" -AC</p> <p><input type="checkbox"/> #FriskyFall</p>	<p>28</p> <p>National Chocolate Day! Head over to ToneltUp.com for a delish new recipe!</p> <p><input type="checkbox"/> #FriskyFall</p>	<p>29</p> <p>MEOOWWW! (psst it's National Cat Day)</p> <p><input type="checkbox"/> #FriskyFall</p>	<p>30</p> <p>Booty Blasting Stair Circuit!! Go for it ;)</p> <p><input type="checkbox"/> #FriskyFall</p>	<p>31</p> <p>We want to see those sexy, spooky costumes This is what FriskyFall is all about! Enjoy the Night!</p> <p><input type="checkbox"/> #FriskyFall</p>	<p>We want to see your halloween pics! #TIUhaloween</p>