

January 2013

Love Your Body

Sunday Runday 5k Day	Motivation Monday	Tone It Up! Tuesday	Wild-on Wednesday!	Try-It Thursday	Happy Hour Friday	Friends with Benefits Saturday
		1 Sign up for the Love Your Body Challenge! Don't forget to journal your intentions in the Community	2 It's the start to the Love Your Body challenge! You've got 6 weeks...	3 Try a new workout! New DVD, class at the gym or a local studio!	4 15 Chaturanga's every hour, on the hour!	5 Make dinner for your friends! Catch up :)
	6 Map out a new path around town! Find beauty along the way, and share pictures in the Community!	7 When you share your love for something, it puts people in a mood to want to find love in their life. Be a positive influence and share the love!	8 Today is the Love Your Body workout! Download your printable at ToneltUp.com	9 2aDays! Get in 45 minutes of toning in addition to your BootyCall	10 Get out and try a new recipe from the Beach Babe Edition of the Tone It Up Nutrition Plan! Share with your friends	11 12 Plank twists, every hour, on the hour!
13 Get out and run that 5k, see if you can beat your best time!	14 Practice Love, everyday!	15 Today is the Love Your Legs workout! Download your printable at ToneltUp.com	16 Can you double your BootyCall? Do it, and do your Cocktail dress workout in the afternoon ;)	17 Stuck in a rut? Find a new workout class in town and give it a spin! Let us know :) Tell us what it was in the Community	18 Get in as many lunges as you can! EVERY HOUR, ON THE HOUR!! Feel that Booty Burn <3	19 Run it out! Bring a friend for a fun-run, and stop for coffee toward the end
20 Complete a 5k Aim for your best time!	21 Be an inspiration to those around you. Make good decisions because you want to!	22 Today is the Love Your Abs workout! Download your printable at ToneltUp.com	23 45 Minutes of Toning for your BootyCall AND your afternoon Delight workout	24 Treat yourself! Try a new makeup look <3 Get yourself a Mani/Pedi, or some new eye shadow; It's up to you!	25 Plank it out! Get down and plank for as long as you can -Every hour on the hour!	26 Make it a Girls Night Out!! Plan something fun
27 Check out ToneltUp.com for your new BootyShorts workout!	28 Reflect today! How will you make from now until Valentine's Day POWERFUL?!	29 Today is the Love Your Booty workout! Download your printable at ToneltUp.com	30 Get in your Long & Lean routine from the Beach Babe DVD for either of your 2 workouts today, and then go for a long walk tonight.	31 It's Thankful Thursday! Show thanks at least 3 times today :) We promise it's good Karma!!		

#LOVEYourBody

#VSX

#VlogforVday

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