

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
ABtober starts TOMORROW!	Day 1 of ABtober Challenge!	Day 2 of ABtober Challenge!	Day 3 of ABtober Challenge!	Day 4 of ABtober Challenge!	Day 5 of ABtober Challenge!	Day 6 of ABtober Challenge!
	Walk: 3 Fast Miles	Walk: 4 Fast Miles	Walk: 5K	Walk: 5 Really Big Miles	Walk: 3 Mile Super Challenge	Walk: 2 Mile Super Challenge
	ABtober Abs	ABtober Abs	ABtober Abs	ABtober Abs	ABtober Abs	ABtober Abs
	MC: Boost 1 mile	MC: 25 jumping jacks, 25 push-ups	MC: Add 2 lb hand weights for 2 miles	MC: 2.5 mins of planks	MC: On second mile, interval 2 mins of squats and push-ups	MC: Boost 1 mile
16	17	18	19	20	21	22
	Day 7 of ABtober Challenge!	Day 8 of ABtober Challenge!	Day 9 of ABtober Challenge!	Day 10 of ABtober Challenge!	Day 11 of ABtober Challenge!	Day 12 of ABtober Challenge!
ABtober Abs only!	Walk: 4 Fast Miles	Walk: 4 Fast Miles	Walk: 3 Fast Miles	Walk: 5 Really Big Miles	Walk: 4 Really Big Miles	Walk: 3 Mile Super Challenge
	ABtober Abs	ABtober Abs	ABtober Abs	ABtober Abs	ABtober Abs	ABtober Abs
	MC: Boost 1.5 miles	MC: 50 jumping jacks, 50 push-ups	MC: 50 tricep kickbacks with 2 pound weights AND walk with weights for 2 miles	MC: 3 mins of planks	MC: 30 squats, 30 push-ups	MC: Boost 1.5 miles
23	24	25	26	27	28	29
	Day 13 of ABtober Challenge!	Day 14 of ABtober Challenge!	Bonus Challenge Day	Bonus Challenge Day	Bonus Challenge Day	
ABtober Abs only!	Walk: 5 Really Big Miles	Walk: 5 Mile Advanced Walk	Walk: the way you like it! Or take a break!	Walk: the way you like it!	Walk: the way you like it!	Enjoy the weekend! Get outside and take in some of that gorgeous crisp fall air!
	ABtober Abs	ABtober Abs	ABtober Abs	ABtober Abs	ABtober Abs	
	MC: Boost 2.0 miles	MC: 50 jumping jacks, 30 push-ups, 30 tricep dips	MC: 50 bent-over rows, 3 mins of supermans	MC: 50 chest presses, 50 dumbbell flies, alternating in sets five sets of 10	MC: 5 mins of planks, 35 squats, 45 push-ups	Remember, reward yourself with some candies - but be mindful of how many, so you don't ruin all your beautiful walking!
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	Enjoy Trick-Or-Treating and Pumpkin Carving with the children!					
Things to Remember:						
ABtober Abs on YouTube - 7 mins to a flat tummy!	http://bit.ly/ABtober					
MC = Mini Challenge	Google search if you need some clarification!					