



**#1 Complete each daily challenge** as part of the [ACS's guidelines](#) for a preventative lifestyle.

**#2 Post progress** and updates to FLIP's Facebook Page! (1 point per post).

**#3 GET BONUS Points!**

- Join FLIP's 5K team for [Race4Hope](#)
- Attend FLIP's Throwback dance Party on Nov 20<sup>th</sup>
- Signup for the [Thanks For Giving 4-Miler](#)

*\*shoot us an email if interested in any of these!*

Wall Sits and Planks=Time in seconds ; Squats, Push-ups & Sit-ups= # of reps to complete per each respective workout. Squats, Push-ups & Sit-ups sets. No breaks for wall sits and planks!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
GOOD LUCK	Wall Sit: 10 Squat: 10 Plank: 20 Push-ups: 10 Sit-ups: 10 <b>Oct 23rd</b>	Wall Sit: 15 Squat: 15 Plank: 25 Push-ups: 15 Sit-ups: 15 <b>24th</b>	REST DAY <b>25th</b>	Wall Sit: 20 Squat: 15 Plank: 30 Push-ups: 15 Sit-ups: 15 <b>26th</b>	Wall Sit: 25 Squat: 20 Plank: 35 Push-ups: 20 Sit-ups: 20 <b>27th</b>	Wall Sit: 30 Squat: 20 Plank: 40 Push-ups: 20 Sit-ups: 20 <b>28th</b>
REST DAY <b>29th</b>	Wall Sit: 35 Squat: 25 Plank: 45 Push-ups: 25 Sit-ups: 25 <b>30th</b>	Wall Sit: 40 Squat: 25 Plank: 50 Push-ups: 25 Sit-ups: 25 <b>31st</b>	Wall Sit: 45 Squat: 30 Plank: 55 Push-ups: 30 Sit-ups: 30 <b>Nov. 1st</b>	REST DAY <b>2nd</b>	Wall Sit: 50 Squat: 30 Plank: 60 Push-ups: 30 Sit-ups: 30 <b>3rd</b>	Wall Sit: 55 Squat: 35 Plank: 65 Push-ups: 35 Sit-ups: 35 <b>4th</b>
REST DAY <b>5th</b>	Wall Sit: 60 Squat: 35 Plank: 70 Push-ups: 35 Sit-ups: 35 <b>6th</b>	Wall Sit: 65 Squat: 40 Plank: 75 Push-ups: 40 Sit-ups: 40 <b>7th</b>	Wall Sit: 70 Squat: 40 Plank: 80 Push-ups: 40 Sit-ups: 40 <b>8th</b>	REST DAY <b>9th</b>	Wall Sit: 75 Squat: 45 Plank: 85 Push-ups: 45 Sit-ups: 45 <b>10th</b>	Wall Sit: 80 Squat: 45 Plank: 90 Push-ups: 45 Sit-ups: 45 <b>11th</b>
Wall Sit: 85 Squat: 50 Plank: 95 Push-ups: 50 Sit-ups: 50 <b>12th</b>	REST DAY <b>13th</b>	Wall Sit: 90 Squat: 50 Plank: 100 Push-ups: 50 Sit-ups: 50 <b>14th</b>	Wall Sit: 95 Squat: 55 Plank: 105 Push-ups: 55 Sit-ups: 55 <b>15th</b>	Wall Sit: 100 Squat: 55 Plank: 110 Push-ups: 55 Sit-ups: 55 <b>16th</b>	REST DAY <b>17th</b>	Wall Sit: 105 Squat: 60 Plank: 115 Push-ups: 60 Sit-ups: 60 <b>18th</b>
Wall Sit: 110 Squat: 65 Plank: 120 Push-ups: 65 Sit-ups: 65 <b>19th</b>			Winner will receive a \$150 Gift card from <a href="#">Second Sole!</a>			