



MONTH CHALLENGE

APRIL.

To Do:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31									
Make Bed	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5										
Set Day Goals/To Do	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5										
Mirror Drills	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5										
Daily Food Tracker	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10										
Drink 8 cups water	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10										
NO Sweets/Junk Food	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10										
Serving of Vegetables	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10										
Serving of Fruit	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10										
20 min Workout	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15										
20 min Pitching/Hitting	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20										
Week Schedule				50	<i>Every Sunday</i>										50	<i>Every Sunday</i>										50														

GOALS

Daily Bonus Points:

Tag @three60softball in proof post +20 pts

Watch college softball at take notes +20 pts

Keep track/Write out what you did for practice everyday even if it is NOTHING for the day +5 [daily]

Send picture end of week of the above +50 [weekly]

Workouts

Pick 1 workout from 3 categories [abs, quads, glutes, triceps, biceps, back & chest] daily make sure to mix up your categories & workouts

Whichever workout you choose you will need to do 3 sets. Will be 3 moves 3 sets each.



abs



quads



glutes



triceps



biceps



back



chest



sit-ups 25



lunges 10 ea



squats 25



close grip push-ups 10



leg curls 10 ea



pull-ups 5



push-ups 10



reverse crunches 25



high knees 25



donkey kicks 25



tricep dips 10



chin-ups 5



elbow lifts 10



plank rotations 10 ea



bicycle crunches 25



turning kicks 10



bridges 25



tricep extensions 10



doorframe rows 10



superman 25



chest squeezes 25



flutter kicks 25



climbers 25



jump knee tucks 10



get-ups 10



body rows 10



star plank 10



shoulder press 10



leg raises 25



plank jump-ins 25



fly steps 10



punches 25



sitting pull-ups 25



alt arm/leg plank 25



shoulder taps 25



60 sec

elbow plank



lunges step-ups 25



side leg raises 25



side-to-side chops 25



pseudo planche 10



full arch 5



clapping push-ups 5

Week of

--/--/--

Food Log

Exercise Log

Breakfast

Lunch

Dinner

Snacks

Activity

Duration

Total

Mon



Tues



Wed



Thurs



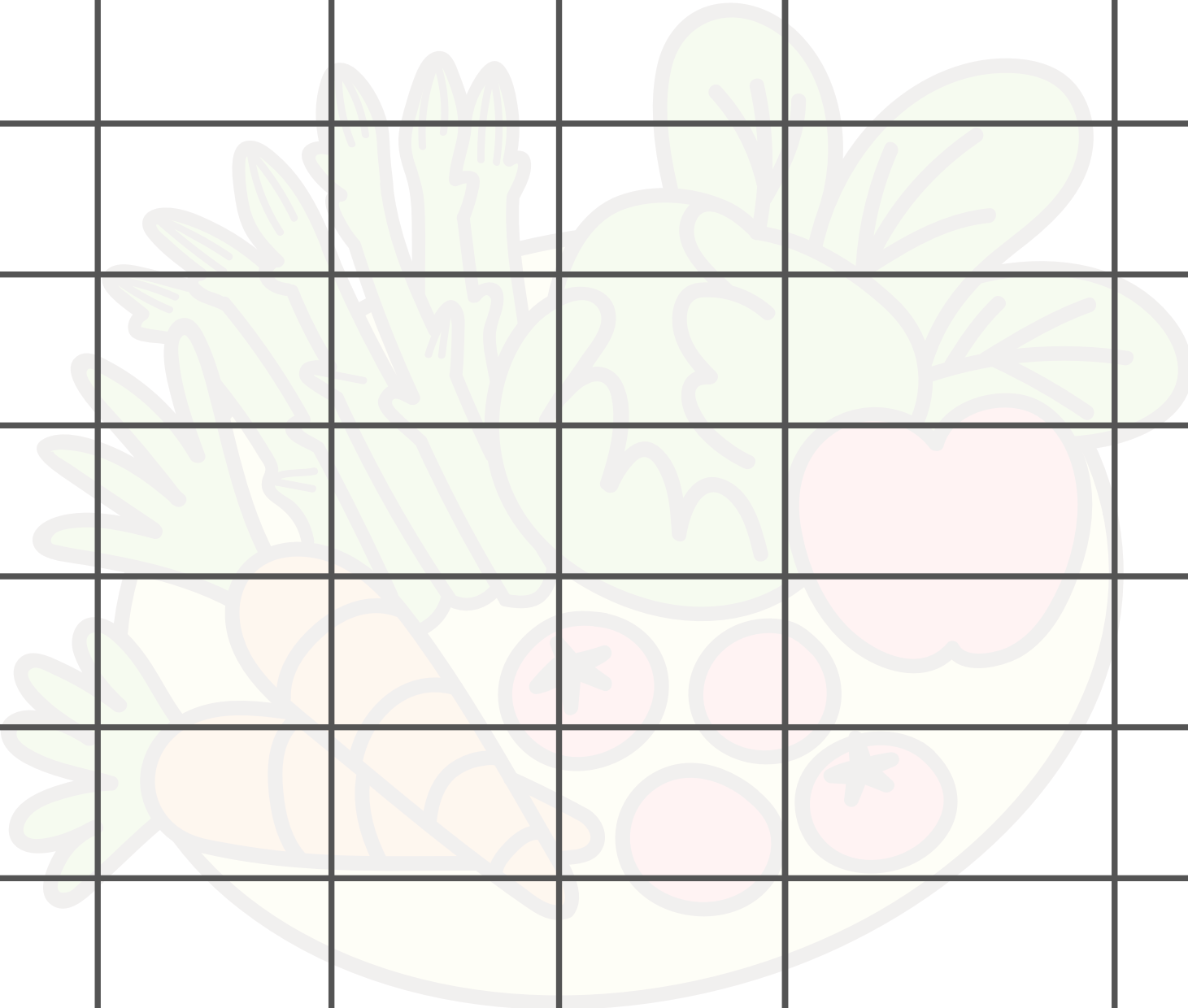
Fri



Sat



Sun



Week of

--/--/--

Food Log

Exercise Log

Breakfast

Lunch

Dinner

Snacks

Activity

Duration

Total

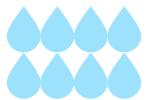
Sun



Mon



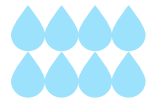
Tues



Wed



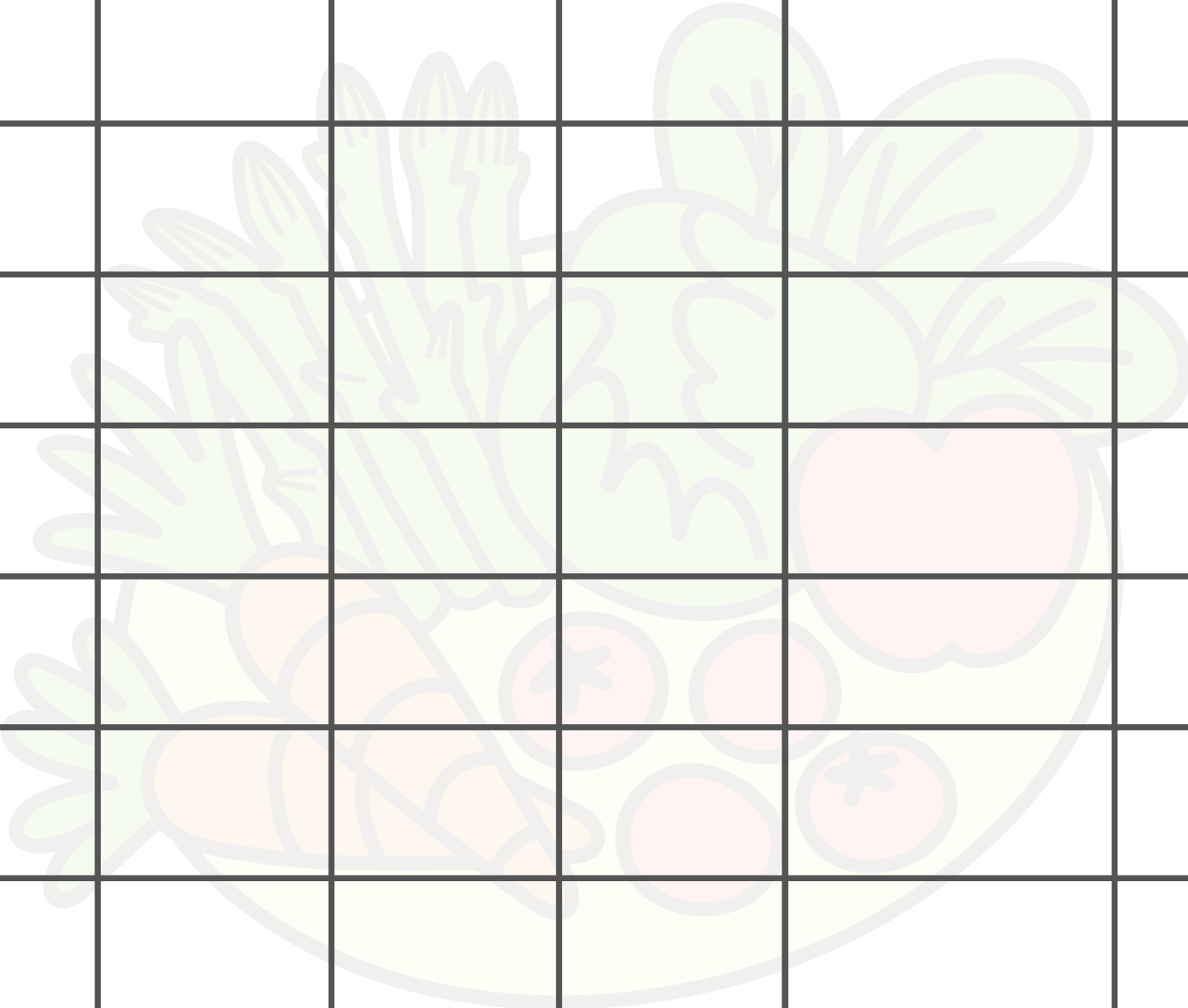
Thurs

















Fri










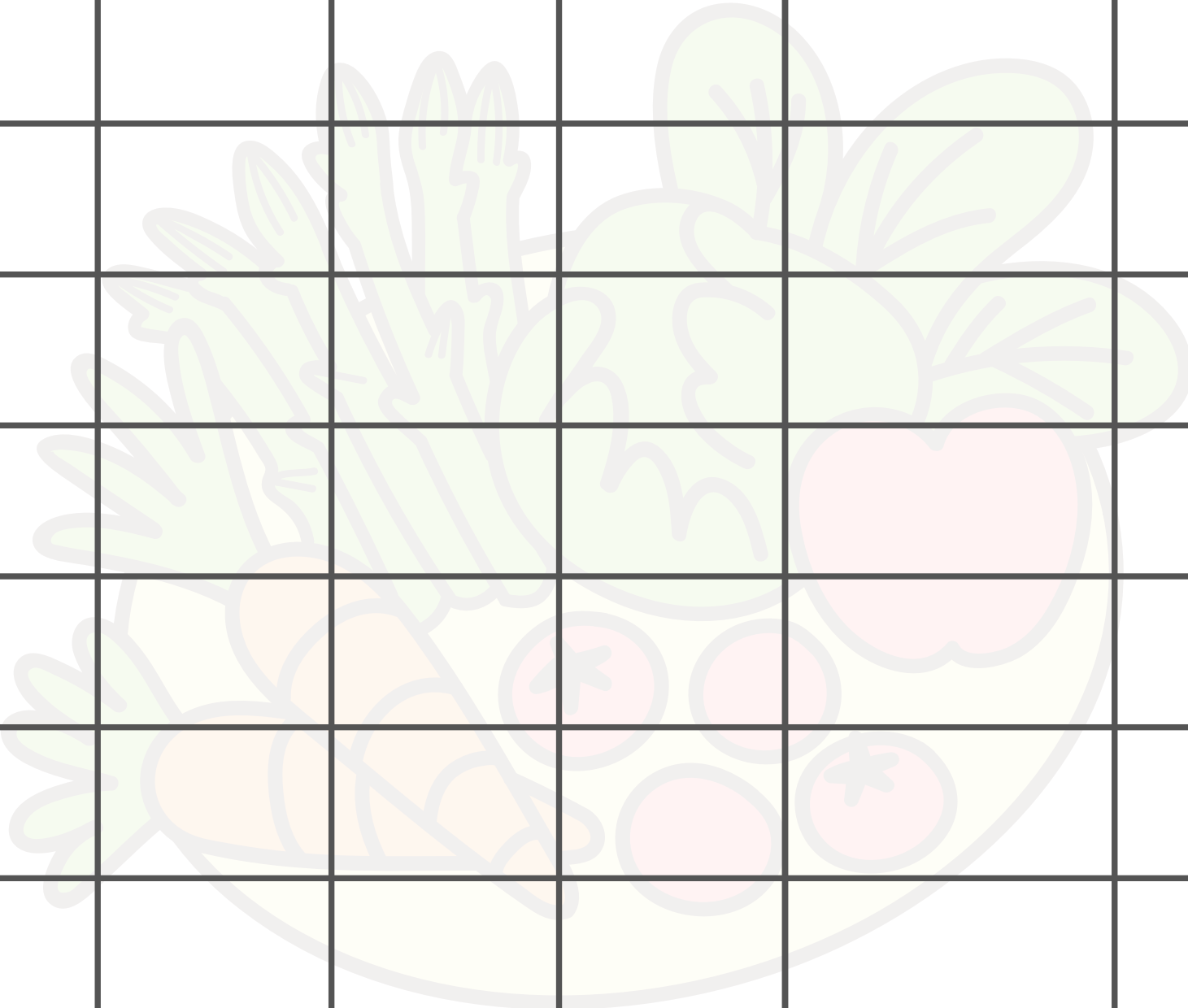
Sat









Week of __/__/__	Food Log				Exercise Log		
	Breakfast	Lunch	Dinner	Snacks	Activity	Duration	Total
Mon 							
Tues 							
Wed 							
Thurs 							
Fri 							
Sat 							
Sun 							

Week of __/__/__	Food Log				Exercise Log		
	Breakfast	Lunch	Dinner	Snacks	Activity	Duration	Total
Sun 							
Mon 							
Tues 							
Wed 							
Thurs 							
Fri 							
Sat 							

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Mon 							
Tues 							
Wed 							
Thurs 							
Fri 							
Sat 