

# ANZ 30-DAY CHALLENGE

JUNE | 2020

JULY | 2020

SUN	MON	TUE	WED	THUR	FRI	SAT	SUN	MON	TUE	WED	THUR	FRI	SAT
	1	2 BANANA SHAKE LAUNCH	3	4	5	6	28	29	30	1 CLEANSE DAY	2 CHECK OUT FAMILY FITNESS W/ ISABODY FINALIST STEPHEN @ 7PM AEST	3	4
7	8	9	10	11	12	13	5 CHECK OUT TOOLS FOR SUCCESS W/ ISABODY FINALIST SALLY @ 7PM AEST	6 KICK-STARTER WORKOUT W/ KIAH @ 7AM AEST	7 CHECK OUT TAYLOR'S TIPS NEXT STEPS FOR SUCCESS @ 10AM AEST	8 CLEANSE DAY	9 CHECK OUT HEALTH & COMMUNITY W/ ISABODY FINALIST DOMINICA @ 7PM AEST	10	11
14	15 CHALLENGE START	16 CHECK OUT TAYLOR'S TIPS CLEANSE & SNACKS @ 10AM AEST	17 CLEANSE DAY GUIDANCE	18 CHECK OUT GOAL SETTING W/ ISABODY CHAMP JANELLE @ 7PM AEST	19	20	12 CHECK OUT STAY IN MOMENTUM W/ ISABODY FINALIST NAT @ 7PM AEST	13 KICK-STARTER WORKOUT W/ KIAH @ 7AM AEST	14 YOU MADE IT!!	15	16	17	18
21 CHECK OUT OVERCOMING CHALLENGES W/ ISABODY CHAMP RUKA @ 7PM AEST	22 KICK-STARTER WORKOUT W/ KIAH @ 7AM AEST	23 CHECK OUT SARA'S SCIENCE ADAPTOGENS @ 10AM AEST	24 CLEANSE DAY	25 CHECK OUT MAINTAINING MOTIVATION W/ ISABODY FINALIST BEN @ 7PM AEST	26	27	19	20	21	22	23	24	25
28 CHECK OUT STRETCHING 101 W/ ISABODY FINALIST SHAREE @ 7PM AEST	29 KICK-STARTER WORKOUT W/ KIAH @ 7AM AEST	30 CHECK OUT TAYLOR'S TIPS BEDTIME BELLY BUSTER @ 10AM AEST	1	2	3	4	26	27	28	29	30	31	



SHAKE DAY



CLEANSE DAY

# M A D E I N W I N T E R

# 3 0 D A Y W I N T E R C H A L L E N G E