

# THE FLATBELLY CHALLENGE 2018

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>0</b>			<input type="checkbox"/> PRINT CALENDAR <input type="checkbox"/> PRINT GOALS WORKSHEET <input type="checkbox"/> PRINT MEAL PLAN JOURNAL <input type="checkbox"/> CREATE BINDER	<input type="checkbox"/> READ SUCCESS GUIDE <input type="checkbox"/> READ PROBLEMS TO FIX <input type="checkbox"/> <b>BODY ASSESSMENT #1</b>	<input type="checkbox"/> CHOOSE BF% TARGET <input type="checkbox"/> SET REACHABLE GOALS <input type="checkbox"/> WRITE OUT YOUR GOALS <input type="checkbox"/> POST GOALS (SO VISIBLE)	<input type="checkbox"/> READ 2 PRINCIPLES <input type="checkbox"/> READ MEAL PLANNING <input type="checkbox"/> CREATE MEAL PLAN <input type="checkbox"/> GO SHOPPING	<input type="checkbox"/> PREPARE 3 DAYS OF MEALS <input type="checkbox"/> REVIEW WORKOUTS <input type="checkbox"/> CHOOSE WORKOUT LEVEL <input type="checkbox"/> PREPARE WORKOUT AREA
<b>1</b>	<input type="checkbox"/> 20 MMR <input type="checkbox"/> WORKOUT A/ INTERVAL A <input type="checkbox"/> TRACK MEALS & REPORT	<input type="checkbox"/> 20 MMR <input type="checkbox"/> DECOMPRESSION <input type="checkbox"/> 20 MINUTE WALK <input type="checkbox"/> TRACK MEALS & REPORT	<input type="checkbox"/> 20 MMR <input type="checkbox"/> WORKOUT B / INTERVAL B <input type="checkbox"/> PREPARE 3 DAYS OF MEALS <input type="checkbox"/> TRACK MEALS & REPORT	<input type="checkbox"/> 20 MMR <input type="checkbox"/> DECOMPRESSION <input type="checkbox"/> 20 MINUTE WALK <input type="checkbox"/> TRACK MEALS & REPORT	<input type="checkbox"/> 20 MMR <input type="checkbox"/> WORKOUT C <input type="checkbox"/> TRACK MEALS & REPORT	<input type="checkbox"/> 20 MMR <input type="checkbox"/> DECOMPRESSION <input type="checkbox"/> 20 MINUTE WALK <input type="checkbox"/> TRACK MEALS & REPORT	<input type="checkbox"/> PREPARE 3 DAYS OF MEALS <input type="checkbox"/> REVIEW JOURNAL <input type="checkbox"/> REVIEW / UPDATE GOALS <input type="checkbox"/> CHEAT MEAL
<b>2</b>	<input type="checkbox"/> 20 MMR <input type="checkbox"/> WORKOUT A/ INTERVAL A <input type="checkbox"/> TRACK MEALS & REPORT	<input type="checkbox"/> 20 MMR <input type="checkbox"/> DECOMPRESSION <input type="checkbox"/> 20 MINUTE WALK <input type="checkbox"/> TRACK MEALS & REPORT	<input type="checkbox"/> 20 MMR <input type="checkbox"/> WORKOUT B / INTERVAL B <input type="checkbox"/> PREPARE 3 DAYS OF MEALS <input type="checkbox"/> TRACK MEALS & REPORT	<input type="checkbox"/> 20 MMR <input type="checkbox"/> DECOMPRESSION <input type="checkbox"/> 20 MINUTE WALK <input type="checkbox"/> TRACK MEALS & REPORT	<input type="checkbox"/> 20 MMR <input type="checkbox"/> WORKOUT C <input type="checkbox"/> TRACK MEALS & REPORT	<input type="checkbox"/> 20 MMR <input type="checkbox"/> DECOMPRESSION <input type="checkbox"/> 20 MINUTE WALK <input type="checkbox"/> TRACK MEALS & REPORT	<input type="checkbox"/> PREPARE 3 DAYS OF MEALS <input type="checkbox"/> REVIEW JOURNAL <input type="checkbox"/> REVIEW / UPDATE GOALS <input type="checkbox"/> CHEAT MEAL
<b>3</b>	<input type="checkbox"/> 20 MMR <input type="checkbox"/> WORKOUT A/ INTERVAL A <input type="checkbox"/> <b>BODY ASSESSMENT #2</b> <input type="checkbox"/> TRACK MEALS & REPORT	<input type="checkbox"/> 20 MMR <input type="checkbox"/> DECOMPRESSION <input type="checkbox"/> 30 MINUTE WALK <input type="checkbox"/> TRACK MEALS & REPORT	<input type="checkbox"/> 20 MMR <input type="checkbox"/> WORKOUT B / INTERVAL B <input type="checkbox"/> PREPARE 3 DAYS OF MEALS <input type="checkbox"/> TRACK MEALS & REPORT	<input type="checkbox"/> 20 MMR <input type="checkbox"/> DECOMPRESSION <input type="checkbox"/> 30 MINUTE WALK <input type="checkbox"/> TRACK MEALS & REPORT	<input type="checkbox"/> 20 MMR <input type="checkbox"/> WORKOUT C <input type="checkbox"/> TRACK MEALS & REPORT	<input type="checkbox"/> 20 MMR <input type="checkbox"/> DECOMPRESSION <input type="checkbox"/> 30 MINUTE WALK <input type="checkbox"/> TRACK MEALS & REPORT	<input type="checkbox"/> PREPARE 3 DAYS OF MEALS <input type="checkbox"/> REVIEW JOURNAL <input type="checkbox"/> REVIEW / UPDATE GOALS <input type="checkbox"/> CHEAT MEAL
<b>4</b>	<input type="checkbox"/> 20 MMR <input type="checkbox"/> WORKOUT A/ INTERVAL A <input type="checkbox"/> TRACK MEALS & REPORT	<input type="checkbox"/> 20 MMR <input type="checkbox"/> DECOMPRESSION <input type="checkbox"/> 30 MINUTE WALK <input type="checkbox"/> TRACK MEALS & REPORT	<input type="checkbox"/> 20 MMR <input type="checkbox"/> WORKOUT B / INTERVAL B <input type="checkbox"/> PREPARE 3 DAYS OF MEALS <input type="checkbox"/> TRACK MEALS & REPORT	<input type="checkbox"/> 20 MMR <input type="checkbox"/> DECOMPRESSION <input type="checkbox"/> 30 MINUTE WALK <input type="checkbox"/> TRACK MEALS & REPORT	<input type="checkbox"/> 20 MMR <input type="checkbox"/> WORKOUT C <input type="checkbox"/> TRACK MEALS & REPORT	<input type="checkbox"/> 20 MMR <input type="checkbox"/> DECOMPRESSION <input type="checkbox"/> 30 MINUTE WALK <input type="checkbox"/> TRACK MEALS & REPORT	<input type="checkbox"/> PREPARE 3 DAYS OF MEALS <input type="checkbox"/> REVIEW JOURNAL <input type="checkbox"/> REVIEW / UPDATE GOALS <input type="checkbox"/> CHEAT MEAL
<b>5</b>	<input type="checkbox"/> 20 MMR <input type="checkbox"/> WORKOUT A/ INTERVAL A <input type="checkbox"/> <b>BODY ASSESSMENT #3</b> <input type="checkbox"/> TRACK MEALS & REPORT	<input type="checkbox"/> 20 MMR <input type="checkbox"/> DECOMPRESSION <input type="checkbox"/> 40 MINUTE WALK <input type="checkbox"/> TRACK MEALS & REPORT	<input type="checkbox"/> 20 MMR <input type="checkbox"/> WORKOUT B / INTERVAL B <input type="checkbox"/> PREPARE 3 DAYS OF MEALS <input type="checkbox"/> TRACK MEALS & REPORT	<input type="checkbox"/> 20 MMR <input type="checkbox"/> DECOMPRESSION <input type="checkbox"/> 40 MINUTE WALK <input type="checkbox"/> TRACK MEALS & REPORT	<input type="checkbox"/> 20 MMR <input type="checkbox"/> WORKOUT C <input type="checkbox"/> TRACK MEALS & REPORT	<input type="checkbox"/> 20 MMR <input type="checkbox"/> DECOMPRESSION <input type="checkbox"/> 40 MINUTE WALK <input type="checkbox"/> TRACK MEALS & REPORT	<input type="checkbox"/> PREPARE 3 DAYS OF MEALS <input type="checkbox"/> REVIEW JOURNAL <input type="checkbox"/> REVIEW / UPDATE GOALS <input type="checkbox"/> CHEAT MEAL
<b>6</b>	<input type="checkbox"/> 20 MMR <input type="checkbox"/> WORKOUT A/ INTERVAL A <input type="checkbox"/> TRACK MEALS & REPORT	<input type="checkbox"/> 20 MMR <input type="checkbox"/> DECOMPRESSION <input type="checkbox"/> 40 MINUTE WALK <input type="checkbox"/> TRACK MEALS & REPORT	<input type="checkbox"/> 20 MMR <input type="checkbox"/> WORKOUT B / INTERVAL B <input type="checkbox"/> PREPARE 3 DAYS OF MEALS <input type="checkbox"/> TRACK MEALS & REPORT	<input type="checkbox"/> 20 MMR <input type="checkbox"/> DECOMPRESSION <input type="checkbox"/> 40 MINUTE WALK <input type="checkbox"/> TRACK MEALS & REPORT	<input type="checkbox"/> 20 MMR <input type="checkbox"/> WORKOUT C <input type="checkbox"/> TRACK MEALS & REPORT	<input type="checkbox"/> 20 MMR <input type="checkbox"/> DECOMPRESSION <input type="checkbox"/> 40 MINUTE WALK <input type="checkbox"/> TRACK MEALS & REPORT	<input type="checkbox"/> PREPARE 3 DAYS OF MEALS <input type="checkbox"/> REVIEW JOURNAL <input type="checkbox"/> REVIEW / UPDATE GOALS <input type="checkbox"/> <b>BODY ASSESSMENT #4</b>

**NEXT: START THE RUST BUSTER CHALLENGE TO PREPARE FOR THE SEASON.**



CONSULT YOUR PHYSICIAN AND FOLLOW ALL SAFETY INSTRUCTIONS BEFORE BEGINNING THIS HIGH INTENSITY AND PHYSICALLY DEMANDING EXERCISE PROGRAM AND NUTRITION PLAN.

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