



# THE RUST BUSTER 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"/> CREATE BINDER <input type="checkbox"/> INSTALL TRACKING APP	<input type="checkbox"/> READ SUCCESS GUIDE <input type="checkbox"/> READ PROBLEMS TO FIX <input type="checkbox"/> <b>BODY ASSESSMENT #1</b> <input type="checkbox"/> <b>FITNESS TEST #1</b>	<input type="checkbox"/> CHOOSE BF% TARGET <input type="checkbox"/> SET, WRITE, POST GOALS <input type="checkbox"/> REGAIN TOUCH RITUAL	<input type="checkbox"/> READ 2 PRINCIPLES <input type="checkbox"/> CREATE MEAL PLAN <input type="checkbox"/> GO SHOPPING <input type="checkbox"/> EQUIPMENT CHECK	<input type="checkbox"/> PREPARE 3 DAYS OF MEALS <input type="checkbox"/> CHOOSE WORKOUT TRACK <input type="checkbox"/> WATCH GTG VIDEO <input type="checkbox"/> PREPARE WORKOUT AREA
<b>1</b>	<input type="checkbox"/> 20 FLEX MMR <input type="checkbox"/> WORKOUT A / INTERVAL A <input type="checkbox"/> GTG: PUTTING SETUP <input type="checkbox"/> REGAIN TOUCH RITUAL	<input type="checkbox"/> 20 FLEX MMR <input type="checkbox"/> 20 MINUTE WALK <input type="checkbox"/> PRACTICE #1	<input type="checkbox"/> 20 FLEX MMR <input type="checkbox"/> WORKOUT B / INTERVAL B <input type="checkbox"/> GTG: PUTTING SETUP <input type="checkbox"/> REGAIN TOUCH RITUAL	<input type="checkbox"/> 20 FLEX MMR <input type="checkbox"/> PREP 3 DAYS OF MEALS <input type="checkbox"/> 20 MINUTE WALK <input type="checkbox"/> PRACTICE #2	<input type="checkbox"/> 20 FLEX MMR <input type="checkbox"/> WORKOUT C <input type="checkbox"/> GTG: PUTTING SETUP <input type="checkbox"/> REGAIN TOUCH RITUAL	<input type="checkbox"/> 20 FLEX MMR <input type="checkbox"/> 20 MINUTE WALK <input type="checkbox"/> PUTTING: DRAWBACK GAME	<input type="checkbox"/> PREP 3 DAYS OF MEALS <input type="checkbox"/> REVIEW JOURNAL / GOALS <input type="checkbox"/> CHEAT MEAL
<b>2</b>	<input type="checkbox"/> 20 FLEX MMR <input type="checkbox"/> WORKOUT A / INTERVAL A <input type="checkbox"/> GTG: CHIPPING SETUP <input type="checkbox"/> REGAIN TOUCH RITUAL	<input type="checkbox"/> 20 FLEX MMR <input type="checkbox"/> 25 MINUTE WALK <input type="checkbox"/> PRACTICE #3	<input type="checkbox"/> 20 FLEX MMR <input type="checkbox"/> WORKOUT B / INTERVAL B <input type="checkbox"/> GTG: CHIPPING SETUP <input type="checkbox"/> REGAIN TOUCH RITUAL	<input type="checkbox"/> 20 FLEX MMR <input type="checkbox"/> PREP 3 DAYS OF MEALS <input type="checkbox"/> 25 MINUTE WALK <input type="checkbox"/> PRACTICE #4	<input type="checkbox"/> 20 FLEX MMR <input type="checkbox"/> WORKOUT C <input type="checkbox"/> GTG: CHIPPING SETUP <input type="checkbox"/> REGAIN TOUCH RITUAL	<input type="checkbox"/> 20 FLEX MMR <input type="checkbox"/> 25 MINUTE WALK <input type="checkbox"/> CHIPPING: 3 HOLE CHALLENGE	<input type="checkbox"/> PREP 3 DAYS OF MEALS <input type="checkbox"/> REVIEW JOURNAL / GOALS <input type="checkbox"/> <b>BODY ASSESSMENT #2</b> <input type="checkbox"/> <b>FITNESS TEST #2</b>
<b>3</b>	<input type="checkbox"/> 20 FLEX MMR <input type="checkbox"/> WORKOUT A / INTERVAL A <input type="checkbox"/> GTG: SHORT IRON SETUP <input type="checkbox"/> REGAIN TOUCH RITUAL	<input type="checkbox"/> 20 FLEX MMR <input type="checkbox"/> 30 MINUTE WALK <input type="checkbox"/> PRACTICE #5	<input type="checkbox"/> 20 FLEX MMR <input type="checkbox"/> WORKOUT B / INTERVAL B <input type="checkbox"/> GTG: SHORT IRON SETUP <input type="checkbox"/> REGAIN TOUCH RITUAL	<input type="checkbox"/> 20 FLEX MMR <input type="checkbox"/> PREP 3 DAYS OF MEALS <input type="checkbox"/> 30 MINUTE WALK <input type="checkbox"/> PRACTICE #6	<input type="checkbox"/> 20 FLEX MMR <input type="checkbox"/> WORKOUT C <input type="checkbox"/> GTG: SHORT IRON SETUP <input type="checkbox"/> REGAIN TOUCH RITUAL	<input type="checkbox"/> 20 FLEX MMR <input type="checkbox"/> 30 MINUTE WALK <input type="checkbox"/> REDZONE: 3 HOLE CHALLENGE	<input type="checkbox"/> PREP 3 DAYS OF MEALS <input type="checkbox"/> REVIEW JOURNAL / GOALS <input type="checkbox"/> CHEAT MEAL
<b>4</b>	<input type="checkbox"/> 20 FLEX MMR <input type="checkbox"/> WORKOUT A / INTERVAL A <input type="checkbox"/> GTG: DRIVER SETUP <input type="checkbox"/> REGAIN TOUCH RITUAL	<input type="checkbox"/> 20 FLEX MMR <input type="checkbox"/> 35 MINUTE WALK <input type="checkbox"/> PRACTICE #7	<input type="checkbox"/> 20 FLEX MMR <input type="checkbox"/> WORKOUT B / INTERVAL B <input type="checkbox"/> GTG: DRIVER SETUP <input type="checkbox"/> REGAIN TOUCH RITUAL	<input type="checkbox"/> 20 FLEX MMR <input type="checkbox"/> PREP 3 DAYS OF MEALS <input type="checkbox"/> 35 MINUTE WALK <input type="checkbox"/> PRACTICE #8	<input type="checkbox"/> 20 FLEX MMR <input type="checkbox"/> WORKOUT C <input type="checkbox"/> GTG: DRIVER SETUP <input type="checkbox"/> REGAIN TOUCH RITUAL	<input type="checkbox"/> 20 FLEX MMR <input type="checkbox"/> 35 MINUTE WALK <input type="checkbox"/> DRIVING: CROSS THE LINE	<input type="checkbox"/> <b>BODY ASSESSMENT #3</b> <input type="checkbox"/> <b>FITNESS TEST #3</b> <input type="checkbox"/> COMPLETE JOURNAL

**NEXT: START THE POWER & DISTANCE CHALLENGE TO IMPROVE CLUBHEAD SPEED AND FLEXIBILITY.**



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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