

MARCH 2020

MONTHLY FOCUS: MAKE THE LIFE CHANGE
MONTHLY CHALLENGE: PUSH - UP CHALLENGE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Rest	2 Rest or Body-Part Day	3 Rest or Body-Part Day	4 Rest or Body-Part Day	5 Rest or Body-Part Day Start gearing up for camps!	6 Rest or Body-Part Day Start gearing up for camps!	7 NEW HUDDLE Rest or Body-Part Day Start gearing up for camps!
8 Rest or Body-Part Day Start gearing up for camps!	9 8 Weeks to Change HUDDLE Rest or Body-Part Day	10 8 Weeks to Change Workout 1	11 Rest or Body-Part Day	12 8 Weeks to Change Workout 2	13 Rest or Body-Part Day	14 Rest or Body-Part Day
15 Rest or Body-Part Day	16 Rest or Body-Part Day	17 8 Weeks to Change Workout 3	18 Rest or Body-Part Day	19 8 Weeks to Change Workout 4	20 Rest or Body-Part Day	21 NEW HUDDLE Rest or Body-Part Day
22 Rest or Body-Part Day	23 Rest or Body-Part Day	24 8 Weeks to Change Workout 5	25 Rest or Body-Part Day	26 8 Weeks to Change Workout 6	27 Rest or Body-Part Day	28 Rest or Body-Part Day
29 Rest or Body-Part Day	30 Rest or Body-Part Day	31 8 Weeks to Change Workout 7	1 Rest or Body-Part Day	2 8 Weeks to Change Workout 8	3 Rest or Body-Part Day	4 Rest or Body-Part Day

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STONE SQUAD GAME PLAN

MAKE THE LIFE CHANGE

- We are coming into the longest camp of the year. It's your time to show yourself what true commitment is all about. Who in your life supports you and feels like sunshine? Who in your life drags you down? For the next month, I want you to see how your life transforms when you only surround yourself with sunshine. Spend as little time with the energy vampires as possible and let me know by week 3 the impact it's had on your life.

ENERGY GIVERS: _____

ENERGY SUCKERS: _____

1 CAMP

- 8 WEEKS TO CHANGE
(MARCH 9TH-APRIL 30TH)

Follow along on Instagram and in the Forums for bonus squad challenges!

TRACK YOUR PROGRESS + TAKE NOTES HERE

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