

NOVEMBER 2020



MONTHLY FOCUS: THANKS
 MONTHLY CHALLENGE: SHARING YOUR THANKS WITH OTHERS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Rest or Body-Part Day	2 Rest or Body-Part Day	3 Rest or Body-Part Day	4 Rest or Body-Part Day	5 Rest or Body-Part Day	6 Rest or Body-Part Day	7 NEW HUDDLE Rest or Body-Part Day
8 Rest or Body-Part Day	9 Bodyweight Bootcamp Workout 1	10 Bodyweight Bootcamp Workout 2	11 Bodyweight Bootcamp Workout 3	12 Bodyweight Bootcamp Workout 4	13 Bodyweight Bootcamp Workout 5	14 Rest
15 Rest or Body-Part Day	16 Rest or Body-Part Day	17 Rest or Body-Part Day	18 Rest or Body-Part Day	19 Rest or Body-Part Day	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 Rest or Body-Part Day	25 Rest or Body-Part Day (Start gearing up for December REBOOT!)	26 HAPPY THANKSGIVING! Special Edition Workout	27 Rest or Body-Part Day (Start gearing up for December REBOOT!)	28 Rest or Body-Part Day (Start gearing up for December REBOOT!)
29 Rest or Body-Part Day	30 REBOOT HUDDLE Rest or Body-Part Day	1 Rest or Body-Part Day	2 Rest or Body-Part Day	3 Rest or Body-Part Day	4 Rest or Body-Part Day	5 Rest or Body-Part Day

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STONE SQUAD GAME PLAN

● November is the month thanks in the States. It's time for you to look back on the year and recall what you're thankful for. You may find that some of the things you were troubled with have helped you become an even better version of yourself. I want you to think about 2020 and all the things that have kept you positive and willing to do whatever it takes to be a success in and outside of your workouts.

● Every morning when you wake up, 3 of three things you're thankful for and every night when you go to sleep think of 3 different things you are thankful for. The challenge is to not repeat the same items all month long. Promise—we can do it! The effect active gratefulness has on your body, mentally, physically, and spiritually, can't be underestimated. I challenge you to also share your thanks lists with someone close to you. They may be inspired to join in.

1 CAMP

- **BODYWEIGHT BOOTCAMP**
- **SPECIAL-EDITION
THANKSGIVING DAY WORKOUT**

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

TRACK YOUR PROGRESS + TAKE NOTES HERE



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