

30-Day Challenge Journal

Maintain Weight & Drink Eight 8-Ounce Glasses of Water

Starting Measurements:

- Daily Water Intake: 4 Cups of Water
- Weight on October 1, 2020: 83 lbs

Date	Water Intake	Workout Description
October 01, 2020	<ul style="list-style-type: none"> ● Around 2.5 cups of water during breakfast. ● 2 cups of water during lunch. ● 1 cup of water after a workout. ● 2 cups of water during dinner. ● 1 cup of water before sleeping. 	<ul style="list-style-type: none"> ● Stretched for 2 mins. before the workout. ● Exercised for 15 mins. <ul style="list-style-type: none"> ○ 1 minute for each exercise: <ul style="list-style-type: none"> ■ Tuck V-Up ■ Hip Raise Twist ■ Plank Scorpion ■ Spider to Cross Body Climber ■ Leg Drop Toe Tap ■ Roll Up Clap ■ Plank Hop & Jacks ■ Plank Leg Raise & Tuck ■ Flutter Kick ■ Double Crunch ■ Reverse Crunch ■ Straight Leg Alt. Toe Touch ■ Bicycle Crunch ■ Up & Down Jacks ● Stretched for 2 mins. after the workout.
October 02, 2020	<ul style="list-style-type: none"> ● 1 cup of water after jogging. ● 2 cups of water during breakfast. ● 2 cups of water during lunch. ● 2 cups of water during dinner. ● 1 cup of water before sleeping. 	<ul style="list-style-type: none"> ● Stretched for 2 mins. before jogging. ● Jogged for 18 minutes (2,167 steps)

<p>October 03, 2020</p>	<ul style="list-style-type: none"> ● Around 2.5 cups of water during breakfast. ● 2 cups of water during lunch. ● 1 cup of water after a workout. ● 2 cups of water during dinner. ● 1 cup of water before sleeping. 	<ul style="list-style-type: none"> ● Stretched for 2 mins. before the workout. ● Exercised for 15 mins. <ul style="list-style-type: none"> ○ 1 minute for each exercise: <ul style="list-style-type: none"> ■ Tuck V-Up ■ Hip Raise Twist ■ Plank Scorpion ■ Spider to Cross Body Climber ■ Leg Drop Toe Tap ■ Roll Up Clap ■ Plank Hop & Jacks ■ Plank Leg Raise & Tuck ■ Flutter Kick ■ Double Crunch ■ Reverse Crunch ■ Straight Leg Alt. Toe Touch ■ Bicycle Crunch ■ Up & Down Jacks ● Stretched for 2 mins. after the workout.
<p>October 04, 2020</p>	<ul style="list-style-type: none"> ● 2 cups of water after jogging. ● 1 cup of water during breakfast. ● 2 cups of water during lunch. ● 2 cups of water during dinner. ● 1 cup of water before sleeping. 	<ul style="list-style-type: none"> ● Stretched for 2 mins. before jogging. ● Jogged for 1 hour with 5-minute walk breaks in between. (8,521 steps)
<p>October 05, 2020</p>	<ul style="list-style-type: none"> ● 1 cup of water during breakfast. ● 2 cups of water during lunch. ● 2 cup of water after a workout. ● 2 cups of water during dinner. ● 1 cup of water before sleeping. 	<ul style="list-style-type: none"> ● Stretched for 2 mins. before the workout. ● Exercised for 15 mins. <ul style="list-style-type: none"> ○ 1 minute for each exercise: <ul style="list-style-type: none"> ■ Leg Drop & In ■ Reverse Crunch ■ Knee Touch (Left) ■ Knee Tuck (Right) ■ Leg Drop Scissors

		<ul style="list-style-type: none"> ■ Flutter Kicks ■ Single Leg Drop (2 Angles) ■ Single-Leg Crunch ■ Cross Body Swipe ■ Plank Tap ■ Single-Leg Extension + Lift (left) ■ Single-Leg Extension + Lift (Right) ■ Jackknife ■ U-Boat ■ In & Out ■ Reverse Crunch Variation <ul style="list-style-type: none"> ● Stretched for 2 mins. after the workout.
October 06, 2020	<ul style="list-style-type: none"> ● 2 cups of water after jogging. ● 1 cup of water during breakfast. ● 2 cups of water during lunch. ● 2 cups of water during dinner. ● 1 cup of water before sleeping. 	<ul style="list-style-type: none"> ● Stretched for 2 mins. before jogging. ● Jogged for 30 minutes (3,946 steps)
October 07, 2020	<ul style="list-style-type: none"> ● 2 cups of water after jogging. ● 1 cup of water during breakfast. ● 2 cups of water during lunch. ● 2 cups of water during dinner. ● 1 cup of water before sleeping. 	<ul style="list-style-type: none"> ● Stretched for 2 mins. before jogging. ● Jogged for 40 minutes (4,757 steps)
Week 1	Weight Check	80 lbs. (total lost 3bs)
October 08, 2020	<ul style="list-style-type: none"> ● 1 cup of water during breakfast. ● 2 cups of water during lunch. ● 2 cup of water after a workout. ● 2 cups of water during dinner. ● 1 cup of water before sleeping. 	<ul style="list-style-type: none"> ● Stretched for 2 mins. before the workout. ● Exercised for 15 mins. <ul style="list-style-type: none"> ○ 1 minute for each exercise: <ul style="list-style-type: none"> ■ Tuck V-Up ■ Hip Raise Twist

		<ul style="list-style-type: none"> ■ Plank Scorpion ■ Spider to Cross Body Climber ■ Leg Drop Toe Tap ■ Roll Up Clap ■ Plank Hop & Jacks ■ Plank Leg Raise & Tuck ■ Flutter Kick ■ Double Crunch ■ Reverse Crunch ■ Straight Leg Alt. Toe Touch ■ Bicycle Crunch ■ Up & Down Jacks <ul style="list-style-type: none"> ● Stretched for 2 mins. after the workout.
October 09, 2020	<ul style="list-style-type: none"> ● 2 cups of water after jogging. ● 1 cup of water during breakfast. ● 2 cups of water during lunch. ● 2 cups of water during dinner. ● 1 cup of water before sleeping. 	<ul style="list-style-type: none"> ● Stretched for 2 mins. before jogging. ● Jogged for 15 minutes (2,463 steps)
October 10, 2020	<ul style="list-style-type: none"> ● 2 cups of water after jogging. ● 1 cup of water during breakfast. ● 2 cups of water during lunch. ● 2 cups of water during dinner. ● 1 cup of water before sleeping. 	<ul style="list-style-type: none"> ● Stretched for 2 mins. before jogging. ● Jogged for 26 minutes (4,800 steps)
October 11, 2020	<ul style="list-style-type: none"> ● 2 cups of water after jogging. ● 1 cup of water during breakfast. ● 2 cups of water during lunch. ● 2 cups of water during dinner. ● 1 cup of water before sleeping. 	<ul style="list-style-type: none"> ● Stretched for 2 mins. before jogging. ● Jogged for 10 minutes (2,183 steps)
October 12, 2020	<ul style="list-style-type: none"> ● 2 cups of water after jogging. ● 1 cup of water during breakfast. ● 2 cups of water during lunch. 	<ul style="list-style-type: none"> ● Stretched for 2 mins. before jogging. ● Jogged for 15 minutes (2,312 steps)

	<ul style="list-style-type: none"> ● 2 cups of water during dinner. ● 1 cup of water before sleeping. 	
October 13, 2020	<ul style="list-style-type: none"> ● 2 cups of water after jogging. ● 1 cup of water during breakfast. ● 2 cups of water during lunch. ● 2 cups of water during dinner. ● 1 cup of water before sleeping. 	<ul style="list-style-type: none"> ● Stretched for 2 mins. before jogging. ● Jogged for 10 minutes (1,257 steps)
October 14, 2020	<ul style="list-style-type: none"> ● 2 cups of water after jogging. ● 1 cup of water during breakfast. ● 2 cups of water during lunch. ● 2 cups of water during dinner. ● 1 cup of water before sleeping. 	<ul style="list-style-type: none"> ● Stretched for 2 mins. before jogging. ● Jogged for 15 minutes (2,974 steps)
Week 2	Weight Check	77 lbs. (total lost 6bs)
October 15, 2020	<ul style="list-style-type: none"> ● 1 cup of water during breakfast. ● 2 cups of water during lunch. ● 2 cup of water after a workout. ● 2 cups of water during dinner. ● 1 cup of water before sleeping. 	<ul style="list-style-type: none"> ● Stretched for 2 mins. before the workout. ● Exercised for 15 mins. <ul style="list-style-type: none"> ○ 1 minute for each exercise: <ul style="list-style-type: none"> ■ Leg Drop & In ■ Reverse Crunch ■ Knee Touch (Left) ■ Knee Tuck (Right) ■ Leg Drop Scissors ■ Flutter Kicks ■ Single Leg Drop (2 Angles) ■ Single-Leg Crunch ■ Cross Body Swipe ■ Plank Tap ■ Single-Leg Extension + Lift (left) ■ Single-Leg Extension + Lift (Right) ■ Jackknife

		<ul style="list-style-type: none"> ■ U-Boat ■ In & Out ■ Reverse Crunch Variation <ul style="list-style-type: none"> ● Stretched for 2 mins. after the workout.
October 16, 2020	<ul style="list-style-type: none"> ● 1 cup of water during breakfast. ● 2 cups of water during lunch. ● 2 cup of water after a workout. ● 2 cups of water during dinner. ● 1 cup of water before sleeping. 	<ul style="list-style-type: none"> ● Stretched for 2 mins. before the workout. ● Exercised for 15 mins. <ul style="list-style-type: none"> ○ 1 minute for each exercise: <ul style="list-style-type: none"> ■ Tuck V-Up ■ Hip Raise Twist ■ Plank Scorpion ■ Spider to Cross Body Climber ■ Leg Drop Toe Tap ■ Roll Up Clap ■ Plank Hop & Jacks ■ Plank Leg Raise & Tuck ■ Flutter Kick ■ Double Crunch ■ Reverse Crunch ■ Straight Leg Alt. Toe Touch ■ Bicycle Crunch ■ Up & Down Jacks ● Stretched for 2 mins. after the workout.
October 17, 2020	<ul style="list-style-type: none"> ● 2 cups of water after jogging. ● 1 cup of water during breakfast. ● 2 cups of water during lunch. ● 2 cups of water during dinner. ● 1 cup of water before sleeping. 	<ul style="list-style-type: none"> ● Stretched for 2 mins. before jogging. ● Jogged for 10 minutes (1,895 steps)
October 18, 2020	<ul style="list-style-type: none"> ● 1 cup of water during breakfast. ● 2 cups of water during lunch. ● 2 cup of water after a workout. 	<ul style="list-style-type: none"> ● Stretched for 2 mins. before the workout. ● Exercised for 15 mins.

	<ul style="list-style-type: none"> ● 2 cups of water during dinner. ● 1 cup of water before sleeping. 	<ul style="list-style-type: none"> ○ 1 minute for each exercise: <ul style="list-style-type: none"> ■ Leg Drop & In ■ Reverse Crunch ■ Knee Touch (Left) ■ Knee Tuck (Right) ■ Leg Drop Scissors ■ Flutter Kicks ■ Single Leg Drop (2 Angles) ■ Single-Leg Crunch ■ Cross Body Swipe ■ Plank Tap ■ Single-Leg Extension + Lift (left) ■ Single-Leg Extension + Lift (Right) ■ Jackknife ■ U-Boat ■ In & Out ■ Reverse Crunch Variation ● Stretched for 2 mins. after the workout.
October 19, 2020	<ul style="list-style-type: none"> ● 2 cups of water after jogging. ● 1 cup of water during breakfast. ● 2 cups of water during lunch. ● 2 cups of water during dinner. ● 1 cup of water before sleeping. 	<ul style="list-style-type: none"> ● Stretched for 2 mins. before jogging. ● Jogged for 10 minutes (1,901 steps)
October 20, 2020	<ul style="list-style-type: none"> ● 2 cups of water after jogging. ● 1 cup of water during breakfast. ● 2 cups of water during lunch. ● 2 cups of water during dinner. ● 1 cup of water before sleeping. 	<ul style="list-style-type: none"> ● Stretched for 2 mins. before jogging. ● Jogged for 10 minutes (1,895 steps)
October 21, 2020	<ul style="list-style-type: none"> ● 2 cups of water after jogging. ● 1 cup of water during breakfast. 	<ul style="list-style-type: none"> ● Stretched for 2 mins. before jogging. ● Jogged for 10 minutes (1,477 steps)

	<ul style="list-style-type: none"> ● 2 cups of water during lunch. ● 2 cups of water during dinner. ● 1 cup of water before sleeping. 	
Week 3	Weight Check	80 lbs. (total gain 3lbs)
October 22, 2020	<ul style="list-style-type: none"> ● 1 cup of water during breakfast. ● 2 cups of water during lunch. ● 2 cup of water after a workout. ● 2 cups of water during dinner. ● 1 cup of water before sleeping. 	<ul style="list-style-type: none"> ● Stretched for 2 mins. before the workout. ● Exercised for 15 mins. <ul style="list-style-type: none"> ○ 1 minute for each exercise: <ul style="list-style-type: none"> ■ Tuck V-Up ■ Hip Raise Twist ■ Plank Scorpion ■ Spider to Cross Body Climber ■ Leg Drop Toe Tap ■ Roll Up Clap ■ Plank Hop & Jacks ■ Plank Leg Raise & Tuck ■ Flutter Kick ■ Double Crunch ■ Reverse Crunch ■ Straight Leg Alt. Toe Touch ■ Bicycle Crunch ■ Up & Down Jacks ● Stretched for 2 mins. after the workout.
October 23, 2020	<ul style="list-style-type: none"> ● 2 cups of water after jogging. ● 1 cup of water during breakfast. ● 2 cups of water during lunch. ● 2 cups of water during dinner. ● 1 cup of water before sleeping. 	<ul style="list-style-type: none"> ● Stretched for 2 mins. before jogging. ● Jogged for 10 minutes (1,779 steps)
October 24, 2020	<ul style="list-style-type: none"> ● 2 cups of water after jogging. ● 1 cup of water during breakfast. ● 2 cups of water during lunch. 	<ul style="list-style-type: none"> ● Stretched for 2 mins. before jogging. ● Jogged for 10 minutes (1,727 steps)

	<ul style="list-style-type: none"> ● 2 cups of water during dinner. ● 1 cup of water before sleeping. 	
October 25, 2020	<ul style="list-style-type: none"> ● 2 cups of water after jogging. ● 1 cup of water during breakfast. ● 2 cups of water during lunch. ● 2 cups of water during dinner. ● 1 cup of water before sleeping. 	<ul style="list-style-type: none"> ● Stretched for 2 mins. before jogging. ● Jogged for 7 minutes (1,418 steps)
October 26, 2020	<ul style="list-style-type: none"> ● 2 cups of water after jogging. ● 1 cup of water during breakfast. ● 2 cups of water during lunch. ● 2 cups of water during dinner. ● 1 cup of water before sleeping. 	<ul style="list-style-type: none"> ● Stretched for 2 mins. before jogging. ● Jogged for 7 minutes (1,139 steps)
October 27, 2020	<ul style="list-style-type: none"> ● 1 cup of water during breakfast. ● 2 cups of water during lunch. ● 2 cup of water after a workout. ● 2 cups of water during dinner. ● 1 cup of water before sleeping. 	<ul style="list-style-type: none"> ● Stretched for 2 mins. before the workout. ● Exercised for 15 mins. <ul style="list-style-type: none"> ○ 1 minute for each exercise: <ul style="list-style-type: none"> ■ Leg Drop & In ■ Reverse Crunch ■ Knee Touch (Left) ■ Knee Tuck (Right) ■ Leg Drop Scissors ■ Flutter Kicks ■ Single Leg Drop (2 Angles) ■ Single-Leg Crunch ■ Cross Body Swipe ■ Plank Tap ■ Single-Leg Extension + Lift (left) ■ Single-Leg Extension + Lift (Right) ■ Jackknife ■ U-Boat ■ In & Out

		<ul style="list-style-type: none"> ■ Reverse Crunch Variation ● Stretched for 2 mins. after the workout.
October 28, 2020	<ul style="list-style-type: none"> ● 1 cup of water during breakfast. ● 2 cups of water during lunch. ● 2 cup of water after a workout. ● 2 cups of water during dinner. ● 1 cup of water before sleeping. 	<ul style="list-style-type: none"> ● Stretched for 2 mins. before the workout. ● Exercised for 15 mins. <ul style="list-style-type: none"> ○ 1 minute for each exercise: <ul style="list-style-type: none"> ■ Tuck V-Up ■ Hip Raise Twist ■ Plank Scorpion ■ Spider to Cross Body Climber ■ Leg Drop Toe Tap ■ Roll Up Clap ■ Plank Hop & Jacks ■ Plank Leg Raise & Tuck ■ Flutter Kick ■ Double Crunch ■ Reverse Crunch ■ Straight Leg Alt. Toe Touch ■ Bicycle Crunch ■ Up & Down Jacks ● Stretched for 2 mins. after the workout.
Week 4	Weight Check	78 lbs. (total lost 5lbs)
October 29, 2020	<ul style="list-style-type: none"> ● 1 cup of water during breakfast. ● 2 cups of water during lunch. ● 2 cup of water after a workout. ● 2 cups of water during dinner. ● 1 cup of water before sleeping. 	<ul style="list-style-type: none"> ● Stretched for 2 mins. before the workout. ● Exercised for 15 mins. <ul style="list-style-type: none"> ○ 1 minute for each exercise: <ul style="list-style-type: none"> ■ Leg Drop & In ■ Reverse Crunch ■ Knee Touch (Left) ■ Knee Tuck (Right) ■ Leg Drop Scissors

		<ul style="list-style-type: none"> ■ Flutter Kicks ■ Single Leg Drop (2 Angles) ■ Single-Leg Crunch ■ Cross Body Swipe ■ Plank Tap ■ Single-Leg Extension + Lift (left) ■ Single-Leg Extension + Lift (Right) ■ Jackknife ■ U-Boat ■ In & Out ■ Reverse Crunch Variation <ul style="list-style-type: none"> ● Stretched for 2 mins. after the workout.
<p>October 30, 2020</p>	<ul style="list-style-type: none"> ● 1 cup of water during breakfast. ● 2 cups of water during lunch. ● 2 cup of water after a workout. ● 2 cups of water during dinner. ● 1 cup of water before sleeping. 	<ul style="list-style-type: none"> ● Stretched for 2 mins. before the workout. ● Exercised for 15 mins. <ul style="list-style-type: none"> ○ 1 minute for each exercise: <ul style="list-style-type: none"> ■ Tuck V-Up ■ Hip Raise Twist ■ Plank Scorpion ■ Spider to Cross Body Climber ■ Leg Drop Toe Tap ■ Roll Up Clap ■ Plank Hop & Jacks ■ Plank Leg Raise & Tuck ■ Flutter Kick ■ Double Crunch ■ Reverse Crunch ■ Straight Leg Alt. Toe Touch ■ Bicycle Crunch ■ Up & Down Jacks

		<ul style="list-style-type: none">• Stretched for 2 mins. after the workout.
Week 5	Weight Check	80 lbs. (total gain 2lbs)