



#HIIT30Challenge October 1st-30th, 2019

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Take as many HIIT30 classes as you'd like!	Keep this tracker on your fridge or wherever you'll see it everyday!	1 6am, 9:30am, 1:00pm,5:30pm	2 6am, 9:30am, 1:00pm,5:30pm	3 6am, 9:30am, 1:00pm,5:30pm	4 6am, 9:30am, 1:00pm,5:30pm	5 9:30am
6 9:30am	7 6am, 9:30am, 1:00pm,5:30pm	8 6am, 9:30am, 1:00pm,5:30pm	9 6am, 9:30am, 1:00pm,5:30pm	10 6am, 9:30am, 1:00pm,5:30pm	11 6am, 9:30am, 1:00pm,5:30pm	12 9:30am
13 9:30am	14 6am, 9:30am, 1:00pm,5:30pm	15 6am, 9:30am, 1:00pm,5:30pm	16 6am, 9:30am, 1:00pm,5:30pm	17 6am, 9:30am, 1:00pm,5:30pm	18 6am, 9:30am, 1:00pm,5:30pm	19 9:30am
20 9:30am	21 6am, 9:30am, 1:00pm,5:30pm	22 6am, 9:30am, 1:00pm,5:30pm	23 6am, 9:30am, 1:00pm,5:30pm	24 6am, 9:30am, 1:00pm,5:30pm	25 6am, 9:30am, 1:00pm,5:30pm	26 9:30am
27 9:30am	28 6am, 9:30am, 1:00pm,5:30pm	29 6am, 9:30am, 1:00pm,5:30pm	30 6am, 9:30am, 1:00pm,5:30pm	31 YOU DID IT!	Nutrition Workshop: (Attend at least 1) <input type="checkbox"/>	Tag us! #HIIT30Challenge #WISCFitnessAcademy