

RED, WHITE & BURPEES



NAME / TEAM NAME: _____

JULY CHALLENGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
				25 BURPEES	25 BURPEES	25 BURPEES
				25 PUSH UPS	25 PUSH UPS	25 PUSH UPS
5	6	7	8	9	10	11
25 BURPEES	25 BURPEES	25 BURPEES	25 BURPEES	25 BURPEES	25 BURPEES	25 BURPEES
25 PUSH UPS	25 PUSH UPS	25 PUSH UPS	25 PUSH UPS	25 PUSH UPS	25 PUSH UPS	25 PUSH UPS
12	13	14	15	16	17	18
25 BURPEES	25 BURPEES	25 BURPEES	25 BURPEES	25 BURPEES	25 BURPEES	25 BURPEES
25 PUSH UPS	25 PUSH UPS	25 PUSH UPS	25 PUSH UPS	25 PUSH UPS	25 PUSH UPS	25 PUSH UPS
19	20	21	22	23	24	25
25 BURPEES	25 BURPEES	25 BURPEES	25 BURPEES	25 BURPEES	25 BURPEES	25 BURPEES
25 PUSH UPS	25 PUSH UPS	25 PUSH UPS	25 PUSH UPS	25 PUSH UPS	25 PUSH UPS	25 PUSH UPS
26	27	28	29	30	31	
25 BURPEES	25 BURPEES	25 BURPEES	25 BURPEES	25 BURPEES	25 BURPEES	
25 PUSH UPS	25 PUSH UPS	25 PUSH UPS	25 PUSH UPS	25 PUSH UPS	25 PUSH UPS	

COMPLETE THE 30 DAY CHALLENGE AND WIN 200 MOJO REWARD POINTS! COMPLETE THE CHALLENGE AS A TEAM AND YOUR ENTIRE TEAM CAN WIN AN EXTRA 100 POINTS!