

#FamilyMARCHintoSummer

Change Your Routine, change your life.

- 31 Days
- FUN + Creative Workouts
- Community to cheer you on!
- Each day is designed to inspire healthy living
- New Recipe Ideas!



DIRECTIONS:

March Workout:

- Spell Out March (See Attachment)
- Repeat 3x

Grocery List: Organize your list into groups:

Veggies	Carbs
Fruit	Dairy
Protein	Fat

Name Workout:

- Spell out your name
- Repeat 3x

Buddha Bowl (build your own)

- Cooked Grains: Pick your own (I do brown rice or quinoa and place in bottom of bowl)
- Raw Veggies: place on grains
- Roasted Veggies: Roast in oven & place into bowl
- Toppings (just a bit): Dressing, hummus, olive oil + lemon, soy sauce etc. ENJOY

Review Goals: Answer these questions weekly

- What is working?
- Where do you struggle?
- How can you improve?

Glow Smoothie (build your own)

- 1 cup of greens
- 1/2 fruit (choose one high in vit C)
- chia seeds
- 1/3 cucumber
- water
- lemon

Energy Salad:

- Mixed Greens
- 1/2 of cooked brown rice
- 1 small avocado
- salsa
- scoop of hummus
- 1/3 cup of beans
- your favorite veggies
- lemon, garlic and olive oil for dressing!

Avo (avocado) Toast:

- Toasted Ezekiel Bread
- Spread Avocado on top
- Cherry Tomatoes or Cucumbers diced up
- Salt + Chili Pepper
- Hemp hearts for added protein!
- (** use hummus instead of avocado if you want)

SAMILY workout:

- Spell out Samily
- Repeat 3x

Healthy Snack Platter:

- Grab a Plate to make this delicious snack platter and add:
- Scoop of hummus
- Baby carrots
- Red or Green Pepper (cut them in slices so its easy to dip)
- Cucumbers cut up
- 1 handful of tortilla chips or 1 slice of pita. (I buy black bean and quinoa chips from trader joes). ENJOY! I MAKE THIS EVERYDAY LOL

MAR

#SAMILYMARCHCHALLENGE

March into Summer



MARCH GOALS

SUN	MON	TUE	WED	THU	FRI	SAT
				1 List 5 March Goals	2 MARCH WORKOUT*	3 Enjoy Nature
4 Make a grocery list*	5 NAME Workout*	6 Buddha Bowl*	7 8 Glasses of Water	8 Review Goals 1 week check in *	9 GLOW Smoothie*	10 Dance for 20 min!
11 Clean your fridge	12 Sip Tea after dinner	13 Try a new pretty water	14 My HIIT workout	15 2 Week check in	16 Coffee + Silence for 5 min. no phones!	17 Take a Cheat!
18 Meal Prep	19 Organize Workout Clothes	20 Make a workout playlist	21 ENERGY SALAD*	22 3 Week check in	23 Avo Toast*	24 Try a vegan treat!
25 Find new Recipes	26 Go to sleep before 10 pm	27 SAMILY Workout*	28 Face Mask before bed!	29 4 Week check in	30 Healthy Snack Platter*	31 Fav part of Challenge?

A: Jumping Jax (25)

B: Plank (30 sec)

C: Jump Squats (20)

D: Side Lunges (20) on each side

E: Burpees (50)

F: High Knee Runs (30 sec)

G: Speed Skater (30)

H: Reverse Lunges (30)

I: Prison Squat Jumps (hands behind head) (50)

J: Burpees (10)

K: Jump Squats (40)

L: High Knee Runs (25 sec)

M: Mountain Climbers (50 sec)

N: Push ups (15)

O: Butt Kicks (50 sec)

P: Fast Squats (40 sec)

Q: Jump rope (50 sec) (you don't need rope)

R: Bicycle (ABS) for 30 sec

S: Donkey Kicks (50 on each side)

T: Tricep push ups (20)

U: Jumping Lunges (45 sec)

V: Push Ups (15)

W: Plank (15 sec)

X: High Knee Jog (50 sec)

Y: TWERK (for 20 sec) (get it girl)

Z: Bicycle (ABS) 20 sec