

SWEET 16

CHALLENGE

CALENDAR



JANUARY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1 HAPPY 2018!!	2 Read nutrition guide, grocery shop, pickup dumbbells or Bands for home	3 f i HIIT 16 *LIVE WORKOUT* 9am PST	4 BULLETPROOF ARMS (DUMBBELLS)	5 HIIT 4X4	6 BOOTY BY BRETT
7 YOGA / REST DAY	8 HIIT BURN *Giveaway: Sweat With Soul gear, Program 1 DVDs and Slimvance *follow @bretthoebel	9 BACK IN ACTION (DUMBBELLS)	10 f i HIIT 16 *LIVE WORKOUT* 9am PST	11 REST DAY	12 HIIT 4X4	13 CURLS FOR THE GIRLS (DUMBBELLS)
14 YOGA / REST DAY	15 HIIT BURN *Giveaway: Sweat With Soul gear, Program 1 DVDs and Slimvance *follow @bretthoebel	16 BULLETPROOF ARMS (DUMBBELLS)	17 f i HIIT 16 *LIVE WORKOUT* 9am PST	18 REST DAY	19 HIIT 4X4	20 BOOTY BY BRETT
21 YOGA / REST DAY	22 HIIT BURN *Giveaway: Sweat With Soul gear, Program 1 DVDs and Slimvance *follow @bretthoebel	23 BACK IN ACTION (DUMBBELLS)	24 f i HIIT 16 *LIVE WORKOUT* 9am PST	25 REST DAY	26 HIIT 4X4	27 CURLS FOR THE GIRLS (DUMBBELLS)
28 YOGA / REST DAY	29 HIIT BURN *Giveaway: Sweat With Soul gear, Program 1 DVDs and Slimvance *follow @bretthoebel	30 BULLETPROOF ARMS (DUMBBELLS)	31 f i HIIT 16 *LIVE WORKOUT* 9am PST	1	2	3