

Happy New Year **2022** Challenge

JANUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	24	26	27	28	29
30	31					



Star each day that you do 5-10 min of glute exercises

12 stars = Got-R-Done | 16 = Above & Beyond | 20 = Rockstar | 25+ = Legendary Beast