

# T-Tapp



2019

# 30 DAY CHALLENGE

YES YOU CAN!

## WELCOME

You have decided to do a 30 day challenge! That's very exciting! You will be absolutely amazed how much you can achieve in only 30 days with T-Tapp.

## SET UP FOR SUCCESS

It's important to set yourself up for success during these 30 days. Take the time to really think and get intentional with what you want to achieve during these 30 days.

## GETTING STARTED CHECKLIST

- Review the challenge rules
- Print and fill out challenge waver
- Take before pictures
- Take before measurements
- Set your challenge goals

## GOALS

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# 30 DAY OVERVIEW

Take the time to plan out your 30 Day Workout Schedule. This can make day of decisions simpler.

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>

# MEASUREMENTS

	BEFORE	15 DAYS	30 DAYS
PECS			
BUST			
RIBS			
WASIT			
ABS			
HIPS			
UPPER THIGH RIGHT			
UPPER THIGH LEFT			
LOWER THIGH RIGHT			
LOWER THIGH LEFT			
CALF RIGHT			
CALF LEFT			
ARM RIGHT			
ARM LEFT			





# DAY 1

DATE \_\_\_\_\_

## WORKOUT

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## MEALS

BREAKFAST

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LUNCH

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DINNER

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## TRACK IT

HOE DOWNS

  

SKIN BRUSHING

  

WATER

    
  

## GRATITUDE

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# DAY 2

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## MEALS

BREAKFAST

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## TRACK IT

HOE DOWNS

  

SKIN BRUSHING

  

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## GRATITUDE

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# DAY 3

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## MEALS

BREAKFAST

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## TRACK IT

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## GRATITUDE

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# DAY 4

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## MEALS

BREAKFAST

LUNCH

DINNER

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HOE DOWNS

  

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## GRATITUDE

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# DAY 5

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## MEALS

BREAKFAST

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DINNER

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## GRATITUDE

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# DAY 6

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## MEALS

BREAKFAST

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## GRATITUDE

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# DAY 7

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## MEALS

BREAKFAST

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## TRACK IT

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## GRATITUDE

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# DAY 8

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## MEALS

BREAKFAST

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## GRATITUDE

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# DAY 9

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## MEALS

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## TRACK IT

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# DAY 10

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## MEALS

BREAKFAST

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## GRATITUDE

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# DAY 11

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## MEALS

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## TRACK IT

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## GRATITUDE

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# DAY 12

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# DAY 13

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## GRATITUDE

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# DAY 14

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## MEALS

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## GRATITUDE

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# DAY 15

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## MEALS

BREAKFAST

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# DAY 16

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## MEALS

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## TRACK IT

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## GRATITUDE

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# DAY 17

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## MEALS

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# DAY 18

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## MEALS

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## TRACK IT

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## GRATITUDE

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# DAY 19

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## MEALS

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## TRACK IT

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## GRATITUDE

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# DAY 20

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## MEALS

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# DAY 21

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## MEALS

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## GRATITUDE

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# DAY 22

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## MEALS

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## GRATITUDE

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# DAY 23

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## MEALS

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## GRATITUDE

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# DAY 24

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## MEALS

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## TRACK IT

HOE DOWNS

  

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## GRATITUDE

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# DAY 25

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## MEALS

BREAKFAST

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## TRACK IT

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## GRATITUDE

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# DAY 26

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## MEALS

BREAKFAST

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## TRACK IT

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## GRATITUDE

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# DAY 27

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## MEALS

BREAKFAST

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## TRACK IT

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## GRATITUDE

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# DAY 28

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## MEALS

BREAKFAST

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DINNER

## TRACK IT

HOE DOWNS

  

SKIN BRUSHING

  

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## GRATITUDE

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# DAY 29

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## MEALS

BREAKFAST

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## TRACK IT

HOE DOWNS

  

SKIN BRUSHING

  

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## GRATITUDE

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# DAY 30

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## MEALS

BREAKFAST

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DINNER

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HOE DOWNS

  

SKIN BRUSHING

  

WATER

    
  

## GRATITUDE

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YOU  
DID  
IT!

# T-Tapp



YES YOU  
CAN

# 2019