

Self Love Challenge!

Are you ready to do a little SELF LOVE this March? Follow the activities below and share a photo/video every day on Facebook or Instagram! Not into the whole social media thing? Complete the challenge privately! Use hashtag **#itsFLYtoselflove!**

DAY	ACTIVITY	COMPLETED
3/1	New Selfie!	♥ I DID IT
3/2	SaturYAY Workout - Try something different!	♥ I DID IT
3/3	Picture of your favorite body part (keep it clean girls!)	♥ I DID IT
3/4	Why WEIGHT? Add some strength to your workout!	♥ I DID IT
3/5	Eat clean today!	♥ I DID IT
3/6	Picture of a quote that motivates or inspires you!	♥ I DID IT
3/7	Make a new friend in class today!	♥ I DID IT
3/8	Picture of your favorite outfit or item of clothing!	♥ I DID IT
3/9	Hydration is the key today!	♥ I DID IT
3/10	Picture of yourself acting completely silly!	♥ I DID IT
3/11	Sweat like you mean it today!	♥ I DID IT
3/12	Picture of someone that makes you smile!	♥ I DID IT
3/13	Something you do to mentally rest when stressed!	♥ I DID IT
3/14	Share a healthy recipe today!	♥ I DID IT
3/15	Kick the weekend off with a workout!	♥ I DID IT
3/16	Picture of yourself with at least one other family member!	♥ I DID IT
3/17	Stretching Sunday - those muscles need a little extra love!	♥ I DID IT
3/18	Picture of your favorite facial feature	♥ I DID IT
3/19	Compliment someone at the studio today!	♥ I DID IT
3/20	Plank challenge (ANYWHERE) pic/video as long as you can hold it!	♥ I DID IT
3/21	Write down one unhealthy thing that you do! (Cross it out with a big X and snap a pic!)	♥ I DID IT
3/22	Treat yourself today!	♥ I DID IT
3/23	Bring a friend to the studio today! Sweat together!	♥ I DID IT
3/24	Ab challenge tonight! Let's see good form and some "homework"!	♥ I DID IT
3/25	Have someone take a picture of you laughing (or take it yourself)!	♥ I DID IT
3/26	Go heavier - try a more difficult level at the studio today!	♥ I DID IT
3/27	Who motivates you? Share a pic!	♥ I DID IT
3/28	Picture of yourself doing a hobby that makes you happy!	♥ I DID IT
3/30	Write this down: "Dear _____: You are beautiful. You are courageous. You are unique. You are amazing. You are worth it." Take a picture of yourself with it!	♥
3/31	Try Yoga - everyone needs it!	♥ I DID IT