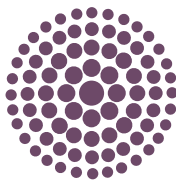


IT'S GONNA BE *May*

20 Challenges
31 Days



NoBordersFitness
anything is possible.

Today I Will...

Listen to a Guided Meditation or Podcast

What one did I choose?

Today I Will...

Go for a 5km walk or run.

Where did I go?

Today I Will...

Try a NBF class online that I haven't tried yet.

What did I do?

Today I Will...

Make a recipe I haven't done before.

What one did I choose?

Today I Will...

Do 50 Pushups after a class is done.

How do I feel?

Today I Will...

Download the NBF Gratitude Sheet and Fill it Out.

How do I feel?

Today I Will...

ONLY. DRINK. WATER! (tea, coffee ok)

Was that hard for me?

Today I Will...

Invite a friend to a ZOOM workout (you can send them the link and tell us!)

Who did I invite?

Today I Will...

Do two workouts in ONE DAY!

What ones did I choose?

Today I Will...

Shop Local

Who did I support?

Today I Will...

Try the NBF Outdoor Bootcamp Class (download it on website!)

How did it go?

Today I Will...

Challenge someone after class to a squat – off! (100 Squats)

Who did I challenge?

Today I Will...

Take a sweaty post workout selfie and post it on our accountability group
What day did I do this?

Today I Will...

Go out for a 40-minute run or walk.

How far did I go?

Today I Will...

Have an NBF Smoothie for Breakfast (find recipes on website!)
What one did I choose?

Today I Will...

Do the stretch | mobilize class on livestream or on demand.

How did I feel after?

Today I Will...

Try the 15-minute Ab Challenge on Mindbody on Demand!

How did that go?

Today I Will...

Do 5 minutes of planks! (Through out the day, or all at once!!)

How did that go?

Today I Will...

Make the most epic creative salad I can think of.

What is your salad called?

Today I Will...

Do a Barre Class (livestream, on Demand or YouTube!)

What one did I choose?
