



Fit with Deb

# FIT WITH DEB MENU + WORKOUT PLAN

DECEMBER 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	POINTS
<b>4</b> <input type="checkbox"/> 12 cups of H <sub>2</sub> O <input type="checkbox"/> Post a family pic <input type="checkbox"/> Measurements	<b>5</b> <input type="checkbox"/> 12 cups of H <sub>2</sub> O <input type="checkbox"/> Workout #1 <input type="checkbox"/> Omelet & Fruit <input type="checkbox"/> Crockpot chili	<b>6</b> <input type="checkbox"/> 12 cups of H <sub>2</sub> O <input type="checkbox"/> Sugar Cookie <input type="checkbox"/> Almost spaghetti	<b>7</b> <input type="checkbox"/> 12 cups of H <sub>2</sub> O <input type="checkbox"/> Workout #2 <input type="checkbox"/> Overnight blueberry oatmeal <input type="checkbox"/> Rotisserie boats	<b>8</b> <input type="checkbox"/> 12 cups H <sub>2</sub> O <input type="checkbox"/> Berry crumble <input type="checkbox"/> Chicken sausages	<b>9</b> <input type="checkbox"/> 12 cups H <sub>2</sub> O <input type="checkbox"/> Workout #3 <input type="checkbox"/> Crockpot breakfast pie <input type="checkbox"/> Salmon + tomatoes	<b>10</b> <input type="checkbox"/> 12 cups H <sub>2</sub> O <input type="checkbox"/> Post a pic <input type="checkbox"/> Measurements	
<b>11</b> <input type="checkbox"/> 12 cups H <sub>2</sub> O <input type="checkbox"/> Post a pic <input type="checkbox"/> Tally + share total points	<b>12</b> <input type="checkbox"/> 12 cups H <sub>2</sub> O <input type="checkbox"/> Workout #4 <input type="checkbox"/> Omelet + bacon <input type="checkbox"/> Crockpot pot roast + veg	<b>13</b> <input type="checkbox"/> 12 cups H <sub>2</sub> O <input type="checkbox"/> Cherry smoothie <input type="checkbox"/> Pork Chops + veg	<b>14</b> <input type="checkbox"/> 12 cups H <sub>2</sub> O <input type="checkbox"/> Workout #5 <input type="checkbox"/> Black forest overnight oats <input type="checkbox"/> BLT	<b>15</b> <input type="checkbox"/> 12 cups H <sub>2</sub> O <input type="checkbox"/> PB protein balls <input type="checkbox"/> Italian chicken	<b>16</b> <input type="checkbox"/> 12 cups H <sub>2</sub> O <input type="checkbox"/> Workout #6 <input type="checkbox"/> Overnight breakfast casserole <input type="checkbox"/> Sausage + Peppers	<b>17</b> <input type="checkbox"/> 12 cups H <sub>2</sub> O <input type="checkbox"/> Post a pic <input type="checkbox"/> Measurements	
<b>18</b> <input type="checkbox"/> 12 cups H <sub>2</sub> O <input type="checkbox"/> Post a pic <input type="checkbox"/> Tally + share total points	<b>19</b> <input type="checkbox"/> 12 cups H <sub>2</sub> O <input type="checkbox"/> Workout #7 <input type="checkbox"/> Egg cups + fruit <input type="checkbox"/> Beef + cabbage	<b>20</b> <input type="checkbox"/> 12 cups H <sub>2</sub> O <input type="checkbox"/> Wendy's frosty smoothie <input type="checkbox"/> Eggroll in a bowl	<b>21</b> <input type="checkbox"/> 12 cups H <sub>2</sub> O <input type="checkbox"/> Workout #8 <input type="checkbox"/> Rocky road chia seed pudding <input type="checkbox"/> Grape nut chicken salad	<b>22</b> <input type="checkbox"/> 12 cups H <sub>2</sub> O <input type="checkbox"/> Apple crisp <input type="checkbox"/> Meaty egg skillet	<b>23</b> <input type="checkbox"/> 12 cups H <sub>2</sub> O <input type="checkbox"/> Workout #9 <input type="checkbox"/> Crockpot sausage egg casserole <input type="checkbox"/> Chicken nachos	<b>24</b> <input type="checkbox"/> 12 cups H <sub>2</sub> O <input type="checkbox"/> Post a pic <input type="checkbox"/> Measurements	
<b>25</b> <input type="checkbox"/> MERRY FITMAS! <input type="checkbox"/> 12 cups H <sub>2</sub> O	<b>26</b> <input type="checkbox"/> 12 cups H <sub>2</sub> O <input type="checkbox"/> Workout #10 <input type="checkbox"/> Eggs + sausage <input type="checkbox"/> Crockpot coconut shrimp curry	<b>27</b> <input type="checkbox"/> 12 cups H <sub>2</sub> O <input type="checkbox"/> Chocolate raspberry smoothie <input type="checkbox"/> Pizza chicken + salad	<b>28</b> <input type="checkbox"/> 12 cups H <sub>2</sub> O <input type="checkbox"/> Workout #11 <input type="checkbox"/> Reese's cup oatmeal <input type="checkbox"/> Sheet pan sausage + veg	<b>29</b> <input type="checkbox"/> 12 cups H <sub>2</sub> O <input type="checkbox"/> Blueberry crumble bars <input type="checkbox"/> Cranberry apple pecan salad	<b>30</b> <input type="checkbox"/> 12 cups H <sub>2</sub> O <input type="checkbox"/> Workout #12 <input type="checkbox"/> Crockpot paleo quiche <input type="checkbox"/> Taco salad	<b>31</b> <input type="checkbox"/> 12 cups H <sub>2</sub> O <input type="checkbox"/> Post a pic <input type="checkbox"/> Tally & share total points	