

# 30-DAY FitU CHALLENGE

## DECK-OF-CARDS WORKOUT

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>01</b> Draw 4 cards	<b>02</b> Draw 6 cards	<b>03</b> Draw 7 cards	<b>04</b> Draw 8 cards	<b>05</b> Draw 9 cards	<b>06</b> Draw 10 cards	<b>07</b> REST
<b>08</b> Draw 11 cards	<b>09</b> Draw 12 cards	<b>10</b> Draw 13 cards	<b>11</b> Draw 14 cards	<b>12</b> Draw 15 cards	<b>13</b> Draw 16 cards	<b>14</b> REST
<b>15</b> Draw 17 cards	<b>16</b> Draw 18 cards	<b>17</b> Draw 19 cards	<b>18</b> Draw 20 cards	<b>19</b> Draw 21 cards	<b>20</b> Draw 22 cards	<b>21</b> REST
<b>22</b> Draw 23 cards	<b>23</b> Draw 24 cards	<b>24</b> Draw 25 cards	<b>25</b> Draw 26 cards	<b>26</b> Draw 27 cards	<b>27</b> Draw 28 cards	<b>28</b> REST
<b>29</b> Draw 29 cards	<b>30</b> Get through as much of the deck as you can!	<b>31</b> Bask in the glory of your deck-of-cards domination.				