



# JULY: WALL SITS

#30days #sitorquit

M	Tu	W	Th	Fr	Sa/Su
<p><i>Let's go!</i></p> 	1 00:30	2 00:45	3 01:00 <i>Keep it up!</i>	4 01:15	5 Relax, have a great weekend!
7 00:30 arms overhead	8 00:45 arms overhead <i>Great job!</i>	9 01:00 arms overhead	10 01:15 arms overhead	11 01:30 arms overhead	12  <i>Treat yo'self</i>
14 00:20 on 00:10 off (x4)	15 00:20 on 00:10 off (x5)	16 <i>You da bomb!</i> 00:20 on 00:10 off (x6) 	17 00:20 on 00:10 off (x7)	18 00:20 on 00:10 off (x8)	19 <i>Enjoy the break!</i>
21 01:00 <i>You've got this!</i>	22 01:15	23 01:30	24 01:45	25 02:00	26 <i>Sleep in!</i>
28 00:40 on 00:10 off (x2) <i>Almost there!</i>	29 00:40 on 00:10 off (x2)	30 00:40 on 00:10 off (x2)	31 02:30	<i>Nailed it!</i> <i>#imagreatist</i>	

## NOTES

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