

MONTHLY CHALLENGE

TRACK YOUR
PROGRESS:

DAY 1

Weight: _____
Bust: _____
Waist: _____
Hips: _____
Arms: (L) (R)
Thighs: (L) (R)

DAY 15

Weight: _____
Bust: _____
Waist: _____
Hips: _____
Arms: (L) (R)
Thighs: (L) (R)

DAY 30

Weight: _____
Bust: _____
Waist: _____
Hips: _____
Arms: (L) (R)
Thighs: (L) (R)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Classic 57 Minute (Volume 1 or 2)	2 Booster (Arm & Ab or Thigh & Seat) AND Express 30 Minute (Volume 1 or 2)	3 Physique Cardio (online workout)	4 Classic 57 Minute (Volume 1 or 2)	5 Double Booster: Arm & Ab AND Thigh & Seat -OR- Classic 57 Minute (Volume 1 or 2)	6 Express 30 Minute (Volume 1 or 2)
7 REST DAY	8 Classic 57 Minute (Volume 1 or 2)	9 Express 30 Minute (Volume 1 or 2)	10 Booster (Arm & Ab or Thigh & Seat) AND Express 30 Minute (Volume 1 or 2)	11 Classic 57 Minute (Volume 1 or 2) AND Booster (Arm & Ab or Thigh & Seat)	12 Classic 57 Minute (Volume 1 or 2)	13 REST DAY
14 Physique Cardio AND Physique F.I.T. (online workouts)	15 Booster (Arm & Ab or Thigh & Seat)	16 Classic 57 Minute (Volume 1 or 2)	17 Booster (Arm & Ab or Thigh & Seat) AND Express 30 Minute (Volume 1 or 2)	18 Classic 57 Minute (Volume 1 or 2)	19 REST DAY	20 Booster (Arm & Ab or Thigh & Seat) AND Express 30 Minute (Volume 1 or 2)
21 Classic 57 Minute (Volume 1 or 2)	22 Classic 57 Minute (Volume 1 or 2) AND Booster (Arm & Ab or Thigh & Seat)	23 Arm & Ab Booster -OR- Express 30 Minute (Volume 1 or 2)	24 Physique F.I.T. (online workout) AND Thigh & Seat Booster	25 Double Booster: Arm & Ab AND Thigh & Seat -OR- Classic 57 Minute (Volume 1 or 2)	26 REST DAY	27 Classic 57 Minute (Volume 1 or 2)
28 Express 30 Minute (Volume 1 or 2)	29 Physique Cardio (online workout) AND Thigh & Seat Booster	30 Classic 57 Minute (Volume 1 or 2)				