

PHYSIQUE®

SCULPTING BODIES · CHANGING LIVES

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)

June 2013

Quote of the Month:

"Strive for progress, not perfection." –Unknown

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

Courtesy of: Megan Gilmore