

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 31

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

May 2013

Quote of the Month:
Success is a science. If you have the conditions you get the results. –Oscar Wilde

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Classic 57 Minute (Volume 1 or 2)	2 Express 30 Minute (Volume 1 or 2)	3 Double Booster: Arm & Ab AND Thigh & Seat -OR- Classic 57 Minute (Volume 1 or 2)	4 Classic 57 Minute (Volume 1 or 2)
5 Physique F.I.T. (online workout)	6 Booster (Arm & Ab or Thigh & Seat) AND Express 30 Minute (Volume 1 or 2)	7 REST DAY	8 Classic 57 Minute (Volume 1 or 2) AND Booster (Arm & Ab or Thigh & Seat)	9 Express 30 Minute (Volume 1 or 2)	10 Classic 57 Minute (Volume 1 or 2)	11 Booster (Arm & Ab or Thigh & Seat)
12 Booster (Arm & Ab or Thigh & Seat) AND Express 30 Minute (Volume 1 or 2)	13 Thigh & Seat Booster	14 REST DAY	15 Physique F.I.T. (online workout) -OR- Express 30 Minute (Volume 1 or 2)	16 Classic 57 Minute (Volume 1 or 2)	17 Double Booster: Arm & Ab AND Thigh & Seat -OR- Classic 57 Minute (Volume 1 or 2)	18 Booster (Arm & Ab or Thigh & Seat) AND Express 30 Minute (Volume 1 or 2)
19 Classic 57 Minute (Volume 1 or 2)	20 REST DAY	21 Booster (Arm & Ab or Thigh & Seat) -OR- Express 30 Minute (Volume 1 or 2)	22 Classic 57 Minute (Volume 1 or 2) AND Booster (Arm & Ab or Thigh & Seat)	23 Express 30 Minute (Volume 1 or 2)	24 Arm & Ab Booster -OR- Express 30 Minute (Volume 1 or 2)	25 Physique Cardio (online workout)
26 REST DAY	27 Booster (Arm & Ab or Thigh & Seat)	28 Classic 57 Minute (Volume 1 or 2) AND Booster (Arm & Ab or Thigh & Seat)	29 Express 30 Minute (Volume 1 or 2)	30 Physique F.I.T. AND Physique Cardio (online workouts)	31 Classic 57 Minute (Volume 1 or 2)	