



05/03/10 1 Monday Burn Circuit ☒ 1	05/04/10 2 Tuesday Rest	05/05/10 3 Wednesday Burn Circuit ☒ 2	05/06/10 4 Thursday Burn Intervals ☒ & Ab Burner ☒	05/07/10 5 Friday Burn Circuit ☒ 3	05/08/10 6 Saturday Burn it Off! ☒ & Recharge ☒	05/09/10 7 Sunday Rest
05/10/10 8 Monday Burn Circuit ☒ 1	05/11/10 9 Tuesday Rest	05/12/10 10 Wednesday Burn Circuit ☒ 2	05/13/10 11 Thursday Burn Intervals ☒ & Ab Burner ☐ NO TIME FOR ABS!	05/14/10 12 Friday Burn Circuit ☒ 3	05/15/10 13 Saturday Burn it Off! ☒ & Recharge ☒	05/16/10 14 Sunday Rest
05/17/10 15 Monday Burn Circuit ☒ 1	05/18/10 16 Tuesday Rest	05/19/10 17 Wednesday Burn Circuit ☐ 2 SICK!!!!	05/20/10 18 Thursday Burn Intervals ☒ & Ab Burner ☒	05/21/10 19 Friday Burn Circuit ☒ 3	05/22/10 20 Saturday Burn it Off! ☒ & Recharge ☒	05/23/10 21 Sunday Rest
05/24/10 22 Monday Burn Circuit ☒ 1	05/25/10 23 Tuesday Rest	05/26/10 24 Wednesday Burn Circuit ☒ 2	05/27/10 25 Thursday Burn Intervals ☒ & Ab Burner ☒	05/28/10 26 Friday Burn Circuit ☒ 3	05/29/10 27 Saturday Burn it Off! ☒ & Recharge ☒	05/30/10 28 Sunday Rest
05/31/10 29 Monday Burn it Off! ☐ & Recharge ☐	06/01/10 30 Tuesday TRACK YOUR RESULTS!	 30 Scheduled Workouts 26 Workouts Completed 87% of Workouts Completed				

Summary

