

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	[DOUBLE DAY] FRIDAY	STATURDAY	SUNDAY
WEEK 1	CARDIO <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	SPEED 1.0 <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	TOTAL BODY CIRCUIT <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	AB INTERVALS <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	LOWER FOCUS <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT [CARDIO] <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	Weight <input type="text"/> Chest <input type="text"/> Waist <input type="text"/> Arm <input type="text"/> Thigh <input type="text"/>	STRETCH
WEEK 2	CARDIO <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	TOTAL BODY CIRCUIT <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	SPEED 1.0 <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	CARDIO <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	LOWER FOCUS <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT [AB INTERVALS] <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	Weight <input type="text"/> Chest <input type="text"/> Waist <input type="text"/> Arm <input type="text"/> Thigh <input type="text"/>	STRETCH
WEEK 3	TOTAL BODY CIRCUIT <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	SPEED 1.0 <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	LOWER FOCUS <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	CARDIO <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	TOTAL BODY CIRCUIT <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT [AB INTERVALS] <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	Weight <input type="text"/> Chest <input type="text"/> Waist <input type="text"/> Arm <input type="text"/> Thigh <input type="text"/>	STRETCH
WEEK 4	CARDIO <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	TOTAL BODY CIRCUIT <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	LOWER FOCUS <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	TOTAL BODY CIRCUIT <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	AB INTERVALS <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT [SPEED 1.0] <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	Weight <input type="text"/> Chest <input type="text"/> Waist <input type="text"/> Arm <input type="text"/> Thigh <input type="text"/>	STRETCH
WEEK 5	TOTAL BODY CIRCUIT <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	AB INTERVALS <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	TOTAL BODY CIRCUIT <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	CARDIO <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	TOTAL BODY CIRCUIT <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT [LOWER FOCUS] <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	Weight <input type="text"/> Chest <input type="text"/> Waist <input type="text"/> Arm <input type="text"/> Thigh <input type="text"/>	STRETCH