

TAKE "BEFORE" PHOTOS,
BODY MEASUREMENTS,
AND FIT TEST.

▶ START	1	2	3	4	5	6	7
TOTAL SYNERGISTICS		AGILITY X	X3 YOGA	THE CHALLENGE	CVX	THE WARRIOR	REST OR DYNAMIX
DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐

8	9	10	11	12	13	14
TOTAL SYNERGISTICS	AGILITY X	X3 YOGA	THE CHALLENGE	CVX	THE WARRIOR	REST OR DYNAMIX
DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐	DIET Y ☐ N ☐

15	16	17	18	19	20	21
TOTAL SYNERGISTICS	AGILITY X	X3 YOGA	THE CHALLENGE	CVX	THE WARRIOR	REST OR DYNAMIX