



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) |

November 2012

Quote of the Month:
 "You've got to make a conscious choice every day to shed the old- whatever 'the old' means for you."
 - Sarah Ban Breathnach

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