

30 DAY FITNESS CALENDAR

DAY	DAY	DAY	DAY	DAY	DAY	DAY	
1 	2 	3 	4 REST	5 	6 	7 	
8 	9 	10 	11 REST	12 	13 	14 	
15 	16 	17 	18 REST	19 	20 	21 	
22 	23 NEW PREGNANCY WORKOUT ON YOUTUBE	24 	25 REST	26 	27 	28 	
29 	30 	PREGNANCY					

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