



WORKOUTS



PHASE 1 JOURNAL

DAY 1	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 2	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 3	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 4	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 5	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 6	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 7	FREE DAY ACTIVITY: _____
	HOW DID YOU FEEL? _____

DATE STARTED: _____

DATE COMPLETED: _____

PHASE 1 GUIDELINES

Every day our energy and pain levels can be very different, so if you are having a rough one do the "Low Energy" version of the workout instead. You will still get a wonderful session in for the day and it will help you to stay on track.

Remember to go slow, listen to your body and feel free to repeat Phase 1 as many times as you need before moving on to Phase 2.

Keep track of the name of the workout you did each day, how many minutes you completed, and how it made you feel. This will give you insight into what's working and what's not, and help you set mini goals for yourself for the next time you do the same routine so you can continue to progress.

TIP FOR SUCCESS

IT'S OK TO TAKE BREAKS

You can take as long as you need to do this phase. It is not necessary to finish it in 30 days so if it takes you longer don't get discouraged. If you need to skip a day, it's ok, just pick up where you left off and keep going. The most important thing is to not give up and stay consistent.



WORKOUTS

 PHASE 1 JOURNAL

DAY 8	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 9	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 10	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 11	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 12	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 13	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 14	FREE DAY ACTIVITY: _____
	HOW DID YOU FEEL? _____

DATE STARTED: _____

DATE COMPLETED: _____

PHASE 1 GUIDELINES

Every day our energy and pain levels can be very different, so if you are having a rough one do the "Low Energy" version of the workout instead. You will still get a wonderful session in for the day and it will help you to stay on track.

Remember to go slow, listen to your body and feel free to repeat Phase 1 as many times as you need before moving on to Phase 2.

Keep track of the name of the workout you did each day, how many minutes you completed, and how it made you feel. This will give you insight into what's working and what's not, and help you set mini goals for yourself for the next time you do the same routine so you can continue to progress.

TIP FOR SUCCESS

IT'S OK TO TAKE BREAKS

You can take as long as you need to do this phase. It is not necessary to finish it in 30 days so if it takes you longer don't get discouraged. If you need to skip a day, it's ok, just pick up where you left off and keep going. The most important thing is to not give up and stay consistent.



WORKOUTS

 PHASE 1 JOURNAL

DAY 15	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 16	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 17	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 18	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 19	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 20	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 21	FREE DAY ACTIVITY: _____
	HOW DID YOU FEEL? _____

DATE STARTED: _____

DATE COMPLETED: _____

PHASE 1 GUIDELINES

Every day our energy and pain levels can be very different, so if you are having a rough one do the "Low Energy" version of the workout instead. You will still get a wonderful session in for the day and it will help you to stay on track.

Remember to go slow, listen to your body and feel free to repeat Phase 1 as many times as you need before moving on to Phase 2.

Keep track of the name of the workout you did each day, how many minutes you completed, and how it made you feel. This will give you insight into what's working and what's not, and help you set mini goals for yourself for the next time you do the same routine so you can continue to progress.

TIP FOR SUCCESS

IT'S OK TO TAKE BREAKS

You can take as long as you need to do this phase. It is not necessary to finish it in 30 days so if it takes you longer don't get discouraged. If you need to skip a day, it's ok, just pick up where you left off and keep going. The most important thing is to not give up and stay consistent.



WORKOUTS



PHASE 1 JOURNAL

DAY 22	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 23	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 24	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 25	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 26	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 27	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 28	FREE DAY ACTIVITY: _____
	HOW DID YOU FEEL? _____

DATE STARTED: _____

DATE COMPLETED: _____

PHASE 1 GUIDELINES

Every day our energy and pain levels can be very different, so if you are having a rough one do the "Low Energy" version of the workout instead. You will still get a wonderful session in for the day and it will help you to stay on track.

Remember to go slow, listen to your body and feel free to repeat Phase 1 as many times as you need before moving on to Phase 2.

Keep track of the name of the workout you did each day, how many minutes you completed, and how it made you feel. This will give you insight into what's working and what's not, and help you set mini goals for yourself for the next time you do the same routine so you can continue to progress.



TIP FOR SUCCESS

IT'S OK TO TAKE BREAKS

You can take as long as you need to do this phase. It is not necessary to finish it in 30 days so if it takes you longer don't get discouraged. If you need to skip a day, it's ok, just pick up where you left off and keep going. The most important thing is to not give up and stay consistent.



WORKOUTS



PHASE 1 JOURNAL

DAY 29

WORKOUT NAME: _____

HOW DID YOU FEEL? _____

DAY 30

WORKOUT NAME: _____

HOW DID YOU FEEL? _____

DATE STARTED: _____

DATE COMPLETED: _____

PHASE 1 GUIDELINES

Every day our energy and pain levels can be very different, so if you are having a rough one do the "Low Energy" version of the workout instead. You will still get a wonderful session in for the day and it will help you to stay on track.

Remember to go slow, listen to your body and feel free to repeat Phase 1 as many times as you need before moving on to Phase 2.

Keep track of the name of the workout you did each day, how many minutes you completed, and how it made you feel. This will give you insight into what's working and what's not, and help you set mini goals for yourself for the next time you do the same routine so you can continue to progress.

TIP FOR SUCCESS

IT'S OK TO TAKE BREAKS

You can take as long as you need to do this phase. It is not necessary to finish it in 30 days so if it takes you longer don't get discouraged. If you need to skip a day, it's ok, just pick up where you left off and keep going. The most important thing is to not give up and stay consistent.