



# WORKOUTS

## PHASE 2 JOURNAL

DAY 31	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 32	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 33	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 34	FREE DAY ACTIVITY: _____
	HOW DID YOU FEEL? _____
DAY 35	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 36	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 37	FREE DAY ACTIVITY: _____
	HOW DID YOU FEEL? _____

DATE STARTED: \_\_\_\_\_

DATE COMPLETED: \_\_\_\_\_

### PHASE 2 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. If there is a day where there are two workouts to do and you just don't have the energy to complete both, only do the one that feels best for you that day.

Remember to go slow, listen to your body and feel free to repeat Phase 2 as many times as you need before moving on to Phase 3.

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 IF YOU DON'T COMPLETELY FINISH YOUR WORKOUT ALL IN ONE SESSION:**

If you have a 30 minute workout but only have the energy for the first round, stop, recover and come back later that day or the following day to finish it before moving on to your next workout. Go slow and listen to your body. Each day will be different. If you honor your needs your body will respond in amazing ways.



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DAY 38	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 39	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 40	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 41	FREE DAY ACTIVITY: _____
	HOW DID YOU FEEL? _____
DAY 42	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 43	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 44	FREE DAY ACTIVITY: _____
	HOW DID YOU FEEL? _____

DATE STARTED: \_\_\_\_\_

DATE COMPLETED: \_\_\_\_\_

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DAY 45	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 46	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 47	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 48	FREE DAY ACTIVITY: _____
	HOW DID YOU FEEL? _____
DAY 49	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 50	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 51	FREE DAY ACTIVITY: _____
	HOW DID YOU FEEL? _____

DATE STARTED: \_\_\_\_\_

DATE COMPLETED: \_\_\_\_\_

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DAY 52	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 53	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 54	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 55	FREE DAY ACTIVITY: _____
	HOW DID YOU FEEL? _____
DAY 56	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 57	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 58	FREE DAY ACTIVITY: _____
	HOW DID YOU FEEL? _____

DATE STARTED: \_\_\_\_\_

DATE COMPLETED: \_\_\_\_\_

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# WORKOUTS

## PHASE 2 JOURNAL

DAY 59

WORKOUT NAME: \_\_\_\_\_

HOW DID YOU FEEL? \_\_\_\_\_

DAY 60

WORKOUT NAME: \_\_\_\_\_

HOW DID YOU FEEL? \_\_\_\_\_

DATE STARTED: \_\_\_\_\_

DATE COMPLETED: \_\_\_\_\_

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